

6 MAIN NUTRIENTS



NUTRITION - is the science of turning food into fuel for the body.

NUTRIENTS - provide materials for building and maintenance of body tissue, and regulating body processes.

The body needs the correct amounts of specific nutrients from 6 categories. Each of these specific nutrients performs specific functions in the body.

6 MAIN NUTRIENTS



CARBOHYDRATES - are the body's main source of energy. They also provide fiber for digestion and elimination.



PROTEINS - help build up or repair the body and help regulate it's processes. It is a building block of bones, muscles, cartilage, skin, and blood. It can also make antibodies to fight disease and is used to make enzymes, hormones, and other body chemicals.



FATS - carry fat-soluble vitamins through the body and provide body heat. They deliver essential fatty acids the body cannot manufacture which bolster heart health.



VITAMINS - help the body to grow and develop, although they do not provide energy or build body tissue. There are 13 vitamins. They cannot be made in the body. They must be obtained through diet.



MINERALS - help regulate the body processes. They do not provide energy. They are also obtained through a varied diet.



WATER - helps in digestion and in elimination. helps to control our body temperature, carries nutrients and waste products from our cells, and is needed for our cells to function.

RDI - (Recommended Dietary Intake) is used to determine the daily value of foods, which is printed on nutrition facts labels and is regulated by the Food and Drug Administration (FDA).

The **RDI** recommends that our diets have:

58% - Carbohydrates

30% - Fat

12% - Protein



Organic - a substance that contains carbon

Inorganic - a substance that has no carbon



4 Of 6 Nutrients Are Organic:
Carbohydrates, Protein, Fat & Minerals

3 Of 4 Organic Nutrients Provide Energy:
Carbohydrates, Protein, Fat

Energy - is fuel for the body
Calorie - (kcal) is a unit of energy

Example: an egg has 85 (kcal) calories

3 Of 6 Nutrients Have Calorie Value:
Carbohydrates, Protein & Fat



Calorie Value:

1 gram of Carbohydrate = 4 kcal

1 gram of Protein = 4 kcal

1 gram of Fat = 9 kcal

Good Nutrition Summary And Vocabulary Answer Key

Jack L. Roberts



Good Nutrition Summary And Vocabulary Answer Key:

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areas *Special Reference Briefs* ,1983 **Berries Level Three A Story Magic** Lory G. Harboyan,2007-02-06 Berries offers learners in elementary classes the opportunity to discover the joy in learning It provides through fun and motivating activities all the basic skills for language learning To that end learners will be effectively engaged in a well structured comprehensive program as they master listening speaking reading writing phonics spelling and critical thinking skills Berries components Learner s Instructor s Story Magic Manual and Answer Key Grammar Audio CD Phonics Assessment CD Practice Theme based Posters Each of the learner s four books covers a range of components targeting the specific objectives of the respective language areas Special care has been given to the choice of themes to guarantee motivation and encourage social interaction Study skills and cross curricular links are also integrated in the program helping learners experience global education early on in their academic lives Berries makes learning fun **Planet Health** Jill Carter,2007 The second edition of Planet Health An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity offers an innovative approach to teaching health education You can use this proven evidence based curriculum to teach students about nutrition and physical activity while helping them build skills and competencies in language arts math science social studies and physical education The curriculum is designed for use by teachers in core academic areas as well as in physical education and health This new edition includes revised nutrition and physical activity information ensuring that you re equipped with the most up to date science The book also includes an all new CD ROM with plenty of reproducible worksheets parent information and newsletters school health resources and other teacher resource materials Like the popular first edition Planet Health provides 35 complete ready to use lesson plans and 31 microunits that promote healthy nutrition and activity materials and instructions to implement Power Down a two week campaign to reduce television and other media viewing time which you can launch in the classroom or school wide and FitCheck a self assessment tool to help students track and improve their activity levels In addition the book includes access to a Web site which features a teacher training PowerPoint presentation a Planet Heath FAQ and more Planet Health Second Edition encourages students to think holistically about how health behaviors are interrelated and it offers a constructivist approach to teaching and learning With this approach you can build on your students knowledge and experiences to create an active inquiry based student centered learning environment one in which students learn best as they construct meaning for themselves Developed by educators and scientists at the Harvard School of Public Health Planet Health Second Edition is aligned with the Massachusetts Department of Education Curriculum Frameworks learning standards for health language arts math science and technology and history and social science and it meets the standards in many other states Every Planet Health lesson incorporates a range of language arts learning standards and engages students through discussion ideas for small or large groups in which they cooperatively learn and solve health related issues Active discussions are used to encourage higher level thinking and cognition and peer group work fosters social development This new edition of Planet Health is the perfect antidote to kids

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14184: SR-CL Be Healthy! Be Fit! Teacher's Guide Book Jack L. Roberts, 2011-09-15

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Table of Contents Good Nutrition Summary And Vocabulary Answer Key

1. Understanding the eBook Good Nutrition Summary And Vocabulary Answer Key
 - The Rise of Digital Reading Good Nutrition Summary And Vocabulary Answer Key
 - Advantages of eBooks Over Traditional Books
2. Identifying Good Nutrition Summary And Vocabulary Answer Key
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Good Nutrition Summary And Vocabulary Answer Key
 - User-Friendly Interface
4. Exploring eBook Recommendations from Good Nutrition Summary And Vocabulary Answer Key
 - Personalized Recommendations
 - Good Nutrition Summary And Vocabulary Answer Key User Reviews and Ratings

- Good Nutrition Summary And Vocabulary Answer Key and Bestseller Lists
- 5. Accessing Good Nutrition Summary And Vocabulary Answer Key Free and Paid eBooks
 - Good Nutrition Summary And Vocabulary Answer Key Public Domain eBooks
 - Good Nutrition Summary And Vocabulary Answer Key eBook Subscription Services
 - Good Nutrition Summary And Vocabulary Answer Key Budget-Friendly Options
- 6. Navigating Good Nutrition Summary And Vocabulary Answer Key eBook Formats
 - ePub, PDF, MOBI, and More
 - Good Nutrition Summary And Vocabulary Answer Key Compatibility with Devices
 - Good Nutrition Summary And Vocabulary Answer Key Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Good Nutrition Summary And Vocabulary Answer Key
 - Highlighting and Note-Taking Good Nutrition Summary And Vocabulary Answer Key
 - Interactive Elements Good Nutrition Summary And Vocabulary Answer Key
- 8. Staying Engaged with Good Nutrition Summary And Vocabulary Answer Key
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Good Nutrition Summary And Vocabulary Answer Key
- 9. Balancing eBooks and Physical Books Good Nutrition Summary And Vocabulary Answer Key
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Good Nutrition Summary And Vocabulary Answer Key
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Good Nutrition Summary And Vocabulary Answer Key
 - Setting Reading Goals Good Nutrition Summary And Vocabulary Answer Key
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Good Nutrition Summary And Vocabulary Answer Key
 - Fact-Checking eBook Content of Good Nutrition Summary And Vocabulary Answer Key
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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