

# Study Guide

**Directions:** Answer each question with the information you learned in Chapter 15. Write your answers in complete sentences on the lines provided.

1. For what reasons does your body need nutrients?

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2. Why are insoluble fiber and soluble fiber important in your diet?

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3. Where can you find fiber?

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4. What are amino acids?

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5. Define complete proteins and incomplete proteins. Name two sources for both.

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6. Why is fat an important nutrient for body function? What are three types of fat?

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7. What is cholesterol? Name one bodily function that requires cholesterol.

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**Chapter 15 How Nutrients Work** *Continued*

**8.** Name the fat-soluble vitamins and describe their functions.

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**9.** Name the water-soluble vitamins and describe their function.

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**10.** How do phytochemicals help the body? Where are phytochemicals found?

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**11.** How are minerals essential to your body?

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**12.** What is calcium?

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**13.** How does water help the body? How much water should a person drink each day?

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**14.** List four steps you can take to maintain a healthy weight.

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**15.** What are two factors that determine the number of calories your body needs each day?

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**16.** Define nutrient density.

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# How Nutrients Work

CHAPTER

15

## Nutrients in Foods

**Directions:** The six categories of nutrients work together to keep you in good health. In the chart below, list the function each nutrient plays in the body. Then identify the nutrient types and food sources.

Nutrient	Function in the Body	Types of the Nutrient	Foods Sources
Carbohydrates			
Proteins			
Fats			
Vitamins			
Minerals			
Water			

# Meet Your Body's Nutrient Needs

**Directions:** Are you aware of what kinds of foods you eat every day? Do you eat enough of the right foods to help you stay healthy and strong? In the space provided in the chart below, record the foods you eat in a day and the amounts that you have eaten. Identify which nutrients you need more of, and of which foods you need less.

Day: \_\_\_\_\_ Date: \_\_\_\_\_

Meal	Foods and Amounts Eaten	Nutrients Included in the Meal
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

- How much soda do you drink in a day? \_\_\_\_\_ How much water? \_\_\_\_\_  
\_\_\_\_\_
- Which nutrients are you getting enough of? \_\_\_\_\_  
\_\_\_\_\_
- Which nutrients do you need more of? \_\_\_\_\_  
\_\_\_\_\_