

Study Guide

Water & Phytochemicals

Directions: Read chapter 9, and answer the following questions. Later, you can use this study guide to review.

1. Where is water found in the body?

2. Describe water's functions in the body.

3. How much water does a teen weighing 130 pounds need each day? What percentage of this amount should be plain water?

4. How would a person know if he or she was dehydrated?

5. Why should a person drink water regularly?

6. Name three ways to increase your daily intake of water.

7. Identify the term phytochemicals. Where do they come from?

Chapter 9 Study Guide (continued)

8. Name five benefits of phytochemicals in humans.

9. Name the two main categories of phytochemicals.

10. Why is color a good guide when choosing foods with phytochemicals?

Activity 1**Water & Phytochemicals**

What Is Your Water Intake?

Directions: Keep a diary of your water intake for three days. An average glass size is eight ounces. Fill your drinking glass. Pour the beverage into a measuring cup to see how many ounces there are each time you fill it. Record the number of ounces and the type of beverage. Record all beverages except coffee, tea, and soft drinks. On a separate sheet of paper, analyze your fluid intake for the three days. Did you take in enough fluids to keep your body functioning properly? Why or why not? Attach your paper to this activity sheet.

1. Day 1

Total ounces: _____

2. Day 2

Total ounces: _____

3. Day 3

Total ounces: _____

Activity 2

Water & Phytochemicals

Phyto Collage

Directions: Make a display of the foods containing phytochemicals by pasting colorful pictures of the foods in the space below. Ask your teacher for food magazines that you can cut up. What other nutrients are in these foods?



Names of other nutrients found in these foods.
