**Chapter 5**

**Nutrition and Your Health**

**Lesson 1 – Nutrition During the Teen Years**

The process by which the body takes in and uses food is 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. 2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are the units of heat that measure the energy used by the body and the energy that foods supply to the body. The substances in food that your body needs to function properly are 3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Hunger/ nutrition/ calories/ nutrients/ appetite

1. How do hunger differ from appetite?

**Lesson 2 – Nutrients**

1. The starches and sugars present in foods are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. An indigestible complex carbohydrate is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Nutrients that help build and maintain body cells and tissues are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. A fatty substance that does not dissolve in water is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Vitamins/ proteins/ lipid/ fiber/ carbohydrates/ minerals

**Lesson 3 – Guidelines for Healthful Eating**

1. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a set of recommendations for healthful eating and active living prepared by the USDA and DHHS.
2. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a guide for making healthful daily food choices.
3. What are the ABC’s of good health?

**Lesson 4 – Food and Healthy Living**

1. Substances intentionally added to food to produce a desired effect are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Another name for food poisoning is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. The spreading of bacteria or other pathogens from one food to another is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Food allergy/ food additives/ foodborne illness/ pasteurization/ cross-contamination/ food intolerance