Nutrition Unit Study Guide

The following topics were part of the nutrition unit this year. To better prepare for the unit test, students will create **10 test questions** from the topics below. You can use your textbook, chapter review questions, Exercise Your Options booklet, class notes, and food labels as resources for your test questions. Write any type of test questions (T/F, multiple choice, short answer, fill in the blank) on the back of this page.

- **6 Nutrients:**
  - What are the 6 nutrients?
  - What is the function or benefit of these nutrients?
  - Be able to list food examples for each nutrient.
  - “good carbs” vs. “bad carbs” – What is the difference in how energy is produced between these types of carbohydrates? Be able to list examples of these 2 types of carbohydrates in your diet.
  - How much of each nutrient should you consume on a daily basis?
    - Carbohydrates = 55% of total daily caloric intake
    - Fats = 30%
    - Protein = 15%

- “My Pyramid” / Food Guide Pyramid (see Exercise Your Options booklet):
  1. Five food groups and food examples from each group.
  2. Amount of each food group you should eat each day (example – you should eat 6 ounces of the bread, grains, and cereal groups every day).
  3. Portion size for each serving (1 ounce of the bread, grains, and cereal group is equal to 1 slice of bread, 1 cup dry cereal, ½ cup rice or pasta).

- Be able to analyze nutrition labels and be able to identify: servings per container, serving size, calories, carbohydrates, fats, proteins, minerals, vitamins, grams, %DV. Questions on test will be similar to “Food Label Assignment”.

- Eating disorders:
  - What is bulimia?
  - What is anorexia nervosa?
  - What is malnutrition?
  - How do these eating disorders harm the body?