|  |  |
| --- | --- |
| **What factors influence your eating habits?** |  |

Reasons we eat include: (List examples)

Physiological: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Psychological: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cultural: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Social: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Environmental: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**List the first thing that comes to your mind when I call out a food.**

1)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
2)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
3)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
4)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
5)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
6)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
7)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
8)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
9)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
10)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
11)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
12)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What did you learn from the Taste bud and Fear Factor Experiments?  
  
 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   
 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

** How can you maintain a healthy, balanced diet to   
 reduce the risk of health problems throughout your   
 life span?**

Food provides \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ needed:

To give you \_\_\_\_\_\_\_\_\_\_\_\_; for growth, maintenance, and repair of the body;  
  
 and to keep the \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ working properly.

Nutrients \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to keep your body healthy. It's important   
  
 to eat a \_\_\_\_\_\_\_\_\_\_\_\_\_ of foods in order to get the nutrients you need.

Use the "Guide to Good Food” textbook to research various nutrients. List the nutrients function(s) and food sources in the chart. Then answer the questions that follow. Complete workbook page 13 "Nutrient Deficiencies and Excesses.

|  |  |  |
| --- | --- | --- |
| **Nutrient** | **Function** | **Food Sources** |
| **Carbohydrates** |  | Simple Carbohydrates:  Complex Carbohydrates: |
| **Fats** |  |  |
| **Proteins** |  |  |
| **Vitamins** | **Fat-Soluble** |  |
| Vitamin A |  |  |
| Vitamin D |  |  |
| Vitamin E |  |  |
| Vitamin K |  |  |
| **Vitamins** | **Water-Soluble** |  |
| Vitamin C |  |  |
| Folate |  |  |
| Thiamin |  |  |
| Niacin |  |  |
| Vitamin B12 |  |  |
| **Minerals** |  |  |
| Calcium |  |  |
| Sodium |  |  |
| Iodine |  |  |
| **Water** |  |  |

Do you regularly eat sources of each of the nutrients listed in this chart? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you answered no to the above question, which nutrients are lacking in you diet? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why is it necessary to include sources of each of these nutrients in your diet? \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How would you define good nutrition? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Complete Proteins**

Proteins are made up of chemical compounds called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   
There are 20 different amino acids. The body can manufacture all but 9 of these. They are called   
  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_, which you must get from the food you eat.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have complete proteins.

**Incomplete Proteins**

Lack one or more essential amino acids. Foods from \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ supply   
  
incomplete proteins. \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ or peas that are eaten with any \_\_\_\_\_\_\_\_\_\_\_\_\_\_   
  
product, nuts, or seeds \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_ will generally provide all of the essential amino acids**.**

|  |  |
| --- | --- |
| **\_\_\_\_\_\_\_ calories** | **sedentary (inactive) women and some older adults.** |
| **\_\_\_\_\_\_\_ calories** | **most children, teenage girls, active women, and sedentary men. Pregnant or breast feeding women may need more.** |
| **\_\_\_\_\_\_\_ calories** | **teenage boys, active men, and some very active women.** |

**U.S. Dept. of Agriculture suggested calorie intake**

**Recommend daily calorie intake:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_ from fat**

**\_\_\_\_\_\_\_\_\_\_\_\_\_ from carbohydrates**

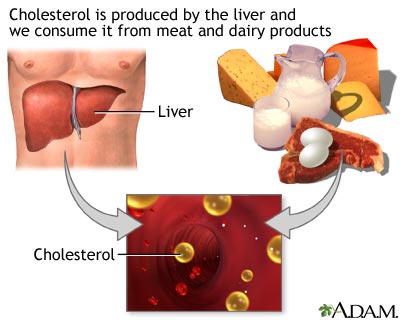
**\_\_\_\_\_\_\_\_\_\_\_\_ from protein**

**Fats**

|  |  |
| --- | --- |
| **Fats** | **calories per gram** |
| **Protein** | **calories per gram** |
| **Carbohydrates** | **calories per gram** |

Fat provides more than \_\_\_\_\_\_\_\_\_\_ as many calories per gram as carbohydrates and proteins. Experts recommend no more than \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of your daily calories should come from fat.

No more than 10% should come from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fat.

**Limit** **Excess Fats and Cholesterol**   
Saturated fats, dietary cholesterol and trans fat can \_\_\_\_\_\_\_\_\_\_ blood cholesterol which is a risk factor for heart disease. Limit your daily cholesterol intake to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_\_\_ have also been linked to increased risk of several types of \_\_\_\_\_\_\_\_\_\_\_.

**Digestion and Absorption**

Before nutrients in food can be used by the body it must go through the digestive process.

Digestion begins in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ where \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ begins to break down starches and makes food easier to swallow.

After foods have been broken down in the digestive tract, the body \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

The nutrients are then \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the cells to release energy or make other compounds needed by the body. Complete Workbook page 16 "How the Body Uses Food".

**Effect of Nutrition on Health and Body Mass**

BMI, or \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, is a number that correlates a person's height and weight.



|  |  |
| --- | --- |
|  | **BMI** |
| Underweight |  |
| Overweight |  |
| Obese |  |

Health risks increase steeply in individuals with a BMI of 25+.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ predisposes one to higher risks of heart attacks, severe strokes, gallstones, certain cancers and a low body image.

**Each stage of the life cycle has different nutritional needs**:

**Lactating Women Pregnant and**



Follow the Choose My Plate recommendations. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is needed during the first 3 months of pregnancy to   
  
help prevent \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the fetus (RDA is 600 micrograms). Protein,   
  
calcium, and iron are needed to support the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the fetus, for the formation of bones and teeth, and to   
  
help the baby \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_\_\_ reserves. Pregnant women are often prescribed Prenatal vitamins and   
  
 should gain between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   
  
**Infants’** nutrient requirements are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ per unit of body weight than an adult. Infant’s have no nutrient   
  
reserves with the exception of \_\_\_\_\_\_\_\_\_\_\_\_ which should last for the first \_\_\_\_\_\_\_\_\_\_\_\_\_ of life. Growth is faster the first year   
  
of life than any other time (weight usually triples and length is usually 1½ times the birth length). ­­­­\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_  
  
are usually introduced between four and six months of age. The first solid food is usually a \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_, iron fortified infant cereal.

**Preschoolers** have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ eating habits. Can be influenced by family members’ likes and dislikes.  
Daily diet should meet their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Should \_\_\_\_\_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ to eat.  
Tend to like:

- \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ foods - soft and lukewarm foods

- \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ - bright colored foods

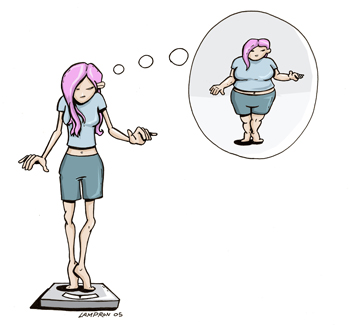
- \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

**Parents can promote healthy attitudes about good nutrition by:** Setting a good \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

Encourage children to try \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Get children \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in food preparation, and

Refrain from using food as punishment. **Parents can help address children’s weight problems by:**Providing \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_, Discourage snacking in front of the T.V., and Providing \_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. **Teens** have trouble meeting their daily nutrient needs because they frequently:  
  
**\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_,** Eat junk food, and \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_.

**Energy needs** decrease as people become older due to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,   
  
difficulty in shopping, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

People sometimes go on **Special Diets:**Vegetarian (\_\_\_\_\_\_\_\_\_\_\_\_\_) diets do not include meat or animal byproducts. Lacto-ovo vegetarians include   
  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ in their diets. Medical diets for specific   
  
\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ such as diabetes, heart disease, cancer, etc. and Weight Reduction diets.

**Underweight may be caused by:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Inability to buy sufficient food or the right kind of

food, Lack of nutrition \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Excessive activity level,  
  
 \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Hyperthyroidism and cancer  
  
increases the metabolic rate and energy needs or, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or emotional stress

**Tips to Gain Weight:** \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (you can gain 2 lbs per week   
  
eating an extra 1000 calories per day).\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ and add a

second helping.Recognize and eat some high calorie foods. Eat high-calorie, nutritious snack foods.

\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and whole-milk products.

**Causes and Effects of Obesity:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ plays a role.

Age increases the risk. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -Women have a tendency for weight gain.

Basal metabolic rate (Calories used at rest).\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food preferences, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Medication, Environment and Psychological factors (watch out for comfort foods). **Physical Symptoms of Obesity may Include:**

- Shortness of breath -\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ -Swollen Ankles

- \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ like heart disease, stroke, diabetes, certain types of cancer,   
 gout, gallbladder disease.   
  
-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -Osteoarthritis -\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Tips to Lose Weight:**

Select a variety of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reduce high fat and sugary foods

Use low fat and \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reduce food portions

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ :

 - Cook foods with little or no fat

- Avoid fried foods

- Trim fat from meals

- Broil or roast on a rack

- Stir-fry in small amount of vegetable oil

- Steam, bake, or boil vegetables

- Eat low-calorie foods

Eat \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ rather than three large meals.

**Exercise**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and helps you burn calories.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and keeps your skin healthy.
* Reduces your risk of heart disease, stroke, and colon disorders.

Athletes have an increased need for \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Factors in lifestyle that affect nutrition and health:**   
  
- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Overeating

- Drug and alcohol abuse - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Rest

- \_\_\_\_\_\_\_\_ (fat, cholesterol, salt, sugar, fiber) - Dieting for weight loss

- Religion