**Food & Nutrition: Study Guide Unit 1 Test**

1. Amino Acids are the building blocks that make up proteins.
2. Water soluble vitamins a vitamin, specifically vitamin C or one of the B Complex vitamins. They are not stored in the body.
3. Vitamins substances needed in small quantities to help regulate body functions.
4. Anemia a condition that results from deficiencies of various nutrients, which is characterized by a reduced number of red blood cells in the blood stream.
5. Fats contain 9 calories per gram verses 4 calories per gram for Proteins and Carbohydrates. Total fat consumption should not exceed more than 30-35% of your daily calorie intake. One pound of fat is equal to about 3500 calories.
6. Nutrients substances in food that are important for the body’s growth and care.
7. Vitamin C helps your body heal and fight infection. Scurvy a disease resulting from vitamin C deficiency which is characterized by bleeding gums and loss of teeth, extreme fatigue, weakened blood vessels and internal bleeding.
8. Eating disorder is an abnormal eating behavior that risks physical and mental health. Anorexia nervosa a psychological disorder where a person eats very little or refuses to eat as they see themselves overweight. A Bulimic is a person that repeatedly binges and then purges, by vomiting or taking laxatives, to prevent weight gain.
9. Basal metabolism is the amount of energy the human body needs to stay alive and carry on vital processes.
10. Beriberi a disease of the nervous system that causes partial paralysis, weakness, mental confusion, and death; caused by a thiamine deficiency.
11. Appetite a desire to eat.
12. Vitamin A helps keep skin clear and smoothe and mucus membranes healthy, helps prevent night blindness, and helps promote growth.
13. List the six basic nutrients: Carbohydrates, Proteins, Fats, Vitamins, Minerals, Water.
14. Too much sodium in the diet can contribute to high blood pressure.
15. Fats that come from plants and that are generally liquid at room temperature are called unsaturated fats.
16. Rickets a disease resulting from a vitamin D deficiency which is characterized by crooked legs and misshapen breast bones in children.
17. Diabetes mellitus is the body’s lack of or inability to use the hormone insulin to maintain normal blood glucose levels.
18. Diet all the food and drink a person regularly consumes.
19. Osteoporosis a condition caused by a calcium deficiency which results in porous, brittle bones and a loss in bone density.
20. Cholesterol a waxy substance produced by the body and present in high-fat foods.
21. Calories are units used to measure the energy in food and the energy used by the body.
22. Obesity weighing twenty percent or more above desirable weight for height. BMI of 30 or more.
23. Weight management is the use of resources like food choices and physical activity to reach and/or maintain a healthy weight.
24. Fitness is the body's ability to meet physical demands.
25. Dry beans, nuts, and grains are examples of incomplete proteins.
26. Carbohydrates are the starches and sugars that give your body most of its energy.
27. Digestion the process of breaking down food into a form the body can use. The digestive process begins in the mouth.
28. Dehydration is an abnormal loss of body fluids.
29. Underweight condition characterized in an adult by a body mass index of less than 18.5. Overweight is a condition characterized in an adult by a body mass index of 25 to 29.9. Obesity is a condition characterized by excessive deposits of body fat.
30. Fiber plant material that the body cannot digest.
31. Calcium a major mineral in the body needed for bone and teeth development. Dairy products and dark green, leafy vegetables are the best sources for calcium.
32. Cinco de Mayo cultural holiday observed by Mexican Americans.
33. Foods that contain all the essential amino acids are called complete proteins.
34. Minerals elements needed in small amounts for healthy bones, teeth, and blood.
35. Proteins nutrients that are needed to build, repair, and maintain body cells and tissues.
36. Malnutrition poor nutrition over an extended period of time which can be caused by an inadequate diet, or the body’s inability to use the nutrients it takes in.
37. RDA’S (Recommended Dietary Allowances) suggested levels of nutrient intake to meet the needs of most healthy people.
38. Kwashiorkor a disease resulting from a serious protein deficiency.
39. Smoking, overeating, drug and alcohol abuse, excess stress, and nutrition are lifestyle factors that affect nutrition and health.
40. Flavor the distinctive quality or the combined effect of taste and aroma that comes from a food’s unique blend of appearance, taste, odor, feel and sound.
41. Iron is a trace element found in red blood cells and carries oxygen to all cells in the body. It is essential for making hemoglobin. Over half of the iron in the human body is found in the blood. Females need about twice as much iron as males.
42. Fat soluble vitamin a vitamin, specifically vitamins A, D, E, and K that dissolve in fats.
43. Folate is a B-complex vitamin that has been shown to help prevent damage to the brain and spinal cord of unborn babies. Folate is a key nutritional need during the first trimester of pregnancy.
44. Iodine is a mineral that is part of thyroxine, a hormone that regulates the rate at which the body uses energy.
45. Nutrient Dense Foods provide fairly large amounts of vitamins and minerals compared to the number of calories it supplies.
46. Empty-calorie foods are high in calories but low in nutrients.
47. Lactation is the production of breast milk.
48. The first solid foods to be introduced into the diets of most babies are cereals.
49. A vegetarian diet is built partly or entirely on plant foods. A lacto-ovo vegetarian will eat eggs, milk, milk products, and plant foods. A vegan eats no animal foods of any kind.
50. The Dietary Guidelines recommend that children and teens get 60 minutes of physical activity daily.
51. Food Allergy is a response of the body's immune system to a food protein.
52. Food-Drug interaction is an effect a drug has on the way the body absorbs or uses a nutrient or an effect a food has on the way the body absorbs or uses a drug.

Review your notes as well. Good Luck!