

Study guide answer keyfor chapter 1

[Health & Medicine](#), [Obesity](#)



Answer Key Chapter 1 Nutrition: Making it Work for You INQUIRY 1. 1 Study Questions: nutrition; nutrition; nutrition; wellness, physical, emotional, spiritual; nutrition, physical activity; diet INQUIRY 1. 2 Study Questions: carbohydrates, protein, fats: macronutrients; carbohydrates; fats; proteins; not required by the body; fat soluble, water soluble; major, trace Completion Exercise: carbohydrates, fats and proteins are all yes (energy source for the body) and yes (broken down by digestion); fat-soluble vitamins, water-soluble vitamins, major minerals, trace minerals and water are all no (energy source for the body) and no (broken down by digestion). INQUIRY 1. 3 Study Questions: senses; appetite; hunger, holidays, events, locations, time of day, watching TV, studying, stress INQUIRY 1. 4 Study Questions: energy, nutrients, fiber; eating the proper amount of food to maintain health; combination of foods to provide adequate nutrients; consuming many different foods every day Completion Exercise: correct amount; moderation; correct nutrients; variety INQUIRY 1. 5 Study Questions: healthy, disease, nutrient; prevent deficiency disease; heart disease, type 2 diabetes, stroke, some cancers; by suggesting specific groups and amounts of foods specifically for you; by suggesting specific groups and amounts of foods specifically for you; by suggesting specific groups and amounts of foods specifically for you; choose foods with as many different colors as possible; grains, meats and bean; vegetables, fruits and milk; nutritional facts panel; FDA determined amounts people typically eat; 2000 Completion Exercise: answers will vary depending on your personal MyPyramid suggestions and your personal preference INQUIRY 1. 6 Study Questions: registered dietitian has a bachelor's degree and has formally studied nutrition; this term has no

regulated definition, anyone can use it; CDC; HIH Completion Exercise:

American Dietetic Association, Journal of the American Dietetic Association;

American Society for Nutrition, Journal of Nutrition and American Journal of

Clinical Nutrition; American College of Sports Medicine, Medicine and Science

in Sports and Exercise Self-Test Questions 1. e; 2. c; 3. e; 4. c; 5. b; 6. e; 7. d;

8. c; 9. b; 10. e