

# Nutrient Station Notes

## Carbohydrates

1. What is the primary function of carbohydrates?
2. What are the two categories that make up carbohydrates?
3. Explain the difference between the categories identified in question #2.
4. Provide two food examples for each category of carbohydrates.

Category #1:	Food Examples:
Category #2:	Food Examples:

5. How does fiber play a role in carbohydrates? What two things does it do for the body?

## Proteins

1. What is protein responsible for in the body?
2. Proteins are broken down into \_\_\_\_\_



3. How many of those (answer to #2) need to be consumed through food?

4. Identify the two types of proteins and 3 foods examples for each source.

Protein Type #1:	Food Sources:
Protein Type #2:	Food Sources:

5. \_\_\_\_\_% of daily calories should be lean protein.

## **Fats**

1. True or False: All fats are bad.

2. Besides providing energy, name 3 additional functions of fat in the body.

3. Name a healthy fat and two foods that are good sources of it.

4. What two types of fatty foods need to be consumed in smaller amounts and less often?



## **Vitamins**

1. Why should vitamins be consumed daily?
2. What letters of the alphabet make up the essential vitamins needed by the body?
3. Which foods are excellent sources of Vitamin C?
4. What vitamin is folate?
5. What problems can a folate deficiency cause?
6. Who should be sure to consume enough folate?
7. Provide 3 foods high in folate.
8. Which vitamin is also known as the “sunshine” vitamin?
9. Besides good night vision, what role does Vitamin A play in the body?
10. What color are the fruits/vegetables that typically provide Vitamin A?
11. Which vitamin helps prevent blood clots and which vitamin helps control blood clotting?



## Minerals

1. What is the function of minerals in the body?
2. There are actually 17 minerals your body needs daily. The article mentions which 7?
3. Based on what the article says about the purpose/function of minerals, see if you can match the mineral with its health concern when there is a deficiency or excess in the diet.
  1. Iron
  2. Sodium
  3. Potassium
  4. Calcium
  - a. osteoporosis
  - b. muscle cramps
  - c. anemia
  - d. high blood pressure

## Water

1. According to the article section, water is (most or least) important to survival. Circle the correct answer.
2. Functions of water include: Unscramble the words to find out.
  - Orpcsse some smintiva: \_\_\_\_\_
  - Prevent eydhradinot: \_\_\_\_\_
  - Spnoartrt treinutns: \_\_\_\_\_
  - Remove swate duprocts: \_\_\_\_\_
3. Daily intake for men= \_\_\_\_\_ liters which = approximately \_\_\_\_\_ ounces.
4. Daily intake for women= \_\_\_\_\_ liters which = approximately \_\_\_\_\_ ounces.
5. Foods that contain water include:



