

Nutrients

Name: _____

Test Review

1. Calories measure energy in food. Which group of people needs the most calories and nutrients?	Teenagers 2000-3000 per day
2. Substances found in food that are needed for healthy growth, development, and functioning are _____.	nutrients
3. The rules indicating the proper and polite way to behave.	Etiquette
4. Generous and friendly treatment of visitors and guests.	Hospitality
5. The nutrition label indicates what is in our food. The amount is written on the label as the percentage of a daily value. You should try to get _____.	70-100 Daily Value%
6. Name the 6 essential categories of nutrients.	Protein, Carbohydrate, Fats, Vitamins, Minerals, and Water
7. Carbohydrates are the body's main source of _____. Great sources of carbohydrates come from _____.	energy whole grains, vegetables, and fruits
8. _____ is found in whole fruits, vegetables, and whole grains. It helps digestion and can help prevent heart disease, diabetes, and cancer.	Dietary fiber (teens need 17-20 grams a day)
9. Your body's tissues, muscles, and organs are mostly made up of _____. And so are the outer layers of your hair, nails, and skin! _____ builds, maintains and repairs your body's tissues. _____ also helps your muscles grow, increases strength, and improves athletic performance.	protein
10. A _____ measures energy in food. Teenagers need about 2000-3000 each day.	calorie
11. Foods with very few nutrients and many calories. Examples: Mountain Dew, donuts, candy.	Empty Calorie Food
12. _____ is a mineral found in dairy products and dark green vegetables. It helps build strong teeth/bones.	Calcium
13. _____ regulates body temperature, protects your joints, and maximizes physical and mental performance.	Water

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14. Find the calcium on the nutrition label. What percent of the Daily Value will this food provide?

Nutrition Facts	
Serving Size 1/2 cup (115g)	
Servings Per Container About 4	
Amount Per Serving	
Calories 250	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Cholesterol 55mg	18%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 4g	
Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

15. Ingredient labels are listed on most food products. The ingredients are listed in what order?

In "Smart Start", which ingredient is there more of - Rice or Oat bran?

Kellogg's® Smart Start® Healthy Heart

Nutrition Facts		
Serving Size 1 1/4 Cups (60g/2.1 oz.)		
Servings Per Container About 7		
Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Calories	230	270
Calories from Fat	20	20
% Daily Value**		
Total Fat 3g*	5%	5%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 140mg	6%	8%
Potassium 400mg	11%	17%
Total Carbohydrate 46g	15%	17%
Dietary Fiber 5g	23%	23%
Soluble Fiber 2g		
Insoluble Fiber 3g		
Sugars 17g		
Other Carbohydrate 24g		
Protein 7g		

Ingredients: Oat bran, rice, sugar, oat clusters (sugar, toasted oats [rolled oats, sugar, high fructose corn syrup, partially hydrogenated soybean oil, molasses, honey], wheat flakes, crisp rice [rice, sugar, malt, salt], corn syrup, polydextrose, honey, cinnamon, BHT for freshness, artificial vanilla flavor), high fructose corn syrup, malt flavoring, potassium chloride, salt, baking soda, ascorbic acid (vitamin C), niacinamide, zinc oxide, reduced iron, calcium pantothenate, pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), thiamin hydrochloride (vitamin B₁), BHT (preservative), vitamin A palmitate, folic acid, vitamin B₁₂, vitamin D.

CONTAINS WHEAT INGREDIENTS.

Exchange: 3 Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*. ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

Listed by weight, with the heaviest or the most amount of the food listed first.

16. Healthy _____ comes from fish, eggs, nuts, and olive oil. _____ gives you energy, insulates you from cold, and contributes to healthy-looking skin and hair.

fat

17. _____ helps keep your eyes healthy. Carrots and other orange/yellow vegetables contain large amounts.

Vitamin A

18. Helps the immune system by protecting our cells, helps prevent heart disease, helps heal wounds, and helps our skin.

Vitamin C

19. According to the Nutrition Label, what nutrients are we supposed to try to limit?

- fat, sodium, cholesterol, sugar

20. What nutrients should we increase?

+Vit A, Vit C, calcium, iron

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