Nutrition Notes

Calories are a measure of the energy found in food and used by the body

* 1 gram of carbohydrates = \_\_\_\_\_\_\_ calories
	+ Can be found in (which foods):
* 1 gram of protein = \_\_\_\_\_\_\_ calories
	+ Can be found in (which foods):
* 1 gram of fat = \_\_\_\_\_\_\_ calories
	+ Can be found in (which foods):

A person’s daily caloric needs varies depending upon:

 a.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 b.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 c.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

metabolism is a process that occurs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

and generates the calories our bodies need on a \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_.

It is a series of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in which food is broken down an \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

Metabolism is like a fireplace burning wood to produce heat 

When a person consumes more calories than they use, the extra calories are stored as \_\_\_\_\_\_\_\_\_\_\_

Basal Metabolic Rate : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

* Responsible for up to \_\_\_\_\_\_% of calories used by the body

Basal metabolic rate is like a car at a red light 

According to the video, 1/3 of U.S. adults are considered \_\_\_\_\_\_\_\_\_\_\_\_\_\_

* This can be attributed to the U.S. diet being high in

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Nutrition Labels

If you want to know how much of a food is in a package, what two headings should you look for?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Everything listed on the nutrition label is for \_\_\_\_\_\_\_\_ serving(s)

What type of fat is “bad” fat that is linked to heart disease? \_\_\_\_\_\_\_\_\_\_\_

Only the nutrients deemed \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ make it to the nutrition label.

* Ingredients are found at the bottom of most labels. Ingredients are things you can find in your pantry or fridge (eggs, flour, salt, etc.) The ingredient that is listed first, is the one that your product contains the most of.

Now let’s practice: Go to Wizer.me and complete the activity the code is 5NCH5S