

Test Chapter 2 Nutritional Needs

Name _____ Period _____ Table _____

Matching – Match the word with the description. Write the upper case letter in the space provided.

(Letters can be used only once)

A. protein

E. vitamins

I. nutrient

B. malnutrition

F. minerals

J. fiber

C. carbohydrates

G. nutrition

D. fats

H. water

1. ____ Chemical substances from food the body needs to live. They help build and maintain cells and tissue. They provide energy and regulate body processes such as breathing. No single food supplies all the _____ the body needs to function.
2. ____ Complex organic substances needed in small amounts for normal growth, maintenance, and reproduction.
3. ____ The study of how the body uses the nutrients in foods that are eaten.
4. ____ Chemical compounds made up of amino acids, they are found in every body cell. They support growth and normal maintenance of body tissues.
5. ____ The lack of the right proportions of nutrients over an extended period of time.
6. ____ People live more than a month without food, but can only survive a few days without this substance.
7. ____ Organic substances that make up 4 % of body weight. They become part of bones, soft tissues, and body fluids, and help regulate body processes.
8. ____ They belong to a larger group of compounds called lipids and are important energy sources.
9. ____ The body's chief source of energy. Three main types are important to the diet – sugars, starches, and fiber.
10. ____ A form of complex carbohydrate from plants that humans cannot digest. It does not provide the body with energy, but it is important because it provides bulk in the diet and promotes normal bowel function.

Test Chapter 2 Nutritional Needs

Name _____ Period _____ Table _____

Fill-in - Word Bank – Write the letter on the line that corresponds to the best word(s) for each fill-in.

(One letter can be used more than once)

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|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------|
| A. carbohydrate | E. lean meats, fish, poultry, milk, cheese, eggs, dried beans, peas, and nuts | I. metabolism |
| B. digestion | F. absorption | J. vitamins |
| C. protein | G. fat | K. minerals |
| D. eggs, whole dairy products, meats, fish, nuts, and vegetables | H. water | L. water |
| | | M. plant foods |
| | | N. cholesterol |

1. Nutrients can be divided into six groups. Name them:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

2. Foods that are the main source carbohydrates: _____

3. Foods that are the main source of fiber and starch: _____

4. List sources of lipids (fats/oils): _____

5. Sources of proteins: _____

6. A fat-like substance found in every cell, it is part of skin tissue, aids in transport of fatty acids in the body, and the body needs it to produce hormones. _____

7. A chemical process that takes place in the cells after the body absorbs nutrients. _____

8. The process of taking in nutrients and making them part of the body. _____

9. The bodily process of breaking food down into simpler compounds that body can use. _____

10. 50% to 75% fo body weight; aids proper digestion and cell growth and maintenance. _____