

Directions: Name the six nutrients available in food and briefly describe each.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Directions: Answer the following questions on the lines provided.

7. What foods supply saturated fats? Unsaturated fats?

8. How much of a human body is water? _____
9. What are the five food groups?

10. What tools will help you make wise nutrition decisions?

Directions: Use the tables in your textbook to answer the following questions.

11. Which minerals help make strong bones? _____
12. Which mineral is found in bananas and oranges? _____
13. In what way do we lose the most water? _____
14. Through which organ is water lost as sweat? _____
15. Which two minerals are involved in nerve impulse conduction? _____
16. How does a person get iodine? _____