**Nutrition and Wellness Study Guide – Test #1**

1. **What is the definition of nutrition?**
2. **What is the definition of wellness?**
3. **What are your 3 wellness goals?** How are you doing accomplishing these goals?
4. **What is the My Plate and how do I use it?**

[**https://tinyurl.com/ybcjcku7**](https://tinyurl.com/ybcjcku7)

\*Be able to draw and label the My Plate

\*Know about each food group on the My Plate

[**https://www.choosemyplate.gov/quiz**](https://www.choosemyplate.gov/quiz)

\*Know numbers of calories you need per day

\*Know the amount of each food group from the My Plate you should eat per day.

1. **What are your 3 nutrition goals? How are you doing accomplishing these goals?**
2. **What are the 6 essential nutrients?**

[**https://tinyurl.com/y8n9uvnj**](https://tinyurl.com/y8n9uvnj)

[**https://tinyurl.com/y8tmcc2q**](https://tinyurl.com/y8tmcc2q)

1. **What is a food label and how can you read and understand a food label/ingredients list?**

[**https://tinyurl.com/yaxfwyto**](https://tinyurl.com/yaxfwyto)

1. **How do you use a food label to figure out the numbers of calories coming from the following:**

**\*carbs (1 gram = 4 calories)**

**\*proteins (1 gram = 4 calories)**

**\*fats (1 gram = 9 calories)**



**Evaluating Food Labels**

**1. What is the serving size (in grams) for each snack choice?**

a. Pretzels = \_\_\_\_\_\_\_\_\_\_ grams

b. Chips = \_\_\_\_\_\_\_ grams

**2. How many calories are in each snack choice for 1 serving?**

a. Pretzels= \_\_\_\_\_\_\_\_\_ calories

b. Chips = \_\_\_\_\_\_\_\_\_\_\_\_\_ calories

**3. Calculate the amount of calories that come from carbohydrates in each snack food**.

a. Pretzels = \_\_\_\_\_\_\_\_\_ calories

b. Chips = \_\_\_\_\_\_\_\_\_\_ calories

**4. Calculate the amount of calories that come from protein in each snack food.**

a. Pretzels = \_\_\_\_\_\_\_\_\_ calories

b. Chips = \_\_\_\_\_\_\_\_\_\_ calories

**4. Calculate the amount of calories that come from fat in each snack food.**

a. Pretzels = \_\_\_\_\_\_\_\_\_ calories

b. Chips = \_\_\_\_\_\_\_\_\_\_ calories

**5. In your opinion, which snack food is the better choice for an after school snack? WHY?**