**Chapter 2 Nutrients: The Building Blocks of Health (Pgs.27-45)**

**Directions: Please read/scan pages 27-45 and answer the questions below.**

1. **A calorie is…**

a measure of the energy value of food

1. **List 3 ways your body burns calories.**
2. **List the 6 classes of nutrients.**
3. **What carbohydrate do Americans eat too much of?**
4. **What carbohydrates do Americans eat too little of?**
5. **What 3 foods are good sources of starch?**
6. **What 3 foods are good sources of fiber?**
7. **Which foods contain fats?**
8. **Which fat causes your cholesterol in your blood to increase?**

**List the foods that contain this fat?**

1. **True or False? Proteins are needed for growth and repair of the body?**
2. **What is the function of water?**
3. **Lubricates your joints**
4. **Cools you down**
5. **Keeps your skin soft and elastic**
6. **All of the above are functions of water**
7. **How many cups of water do you need a day?**
8. **List 3 vitamins**
9. **List 3 minerals**
10. **List 5 foods that contain phytochemicals.**
11. **What is an antioxidant?**
12. **True or False? Nutrient supplements can make up for a poor diet.**