

Name \_\_\_\_\_

Nutrient Fill in the Blank Notes

**Title Slide 1** \_\_\_\_\_

**Slide 2** - We get our nutrients from \_\_\_\_\_

**Slide 3** - Name the 6 nutrients:

- |    |    |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

**Slide 4** - Anywhere between \_\_\_\_\_ of your body is water.

**Slide 5** - We should be drinking \_\_\_\_\_ glasses of water a day.

You can get water servings without actually drinking a glass of water by eating these foods:

**Slide 6** – Even a \_\_\_\_\_ drop in body water can trigger fuzzy short term memory, trouble with basic math and difficulty focusing on a computer screen or printed page.

Lack of water can trigger \_\_\_\_\_ and slow down metabolism leaving you feeling sluggish and low on energy.

Water can reduce your risk of \_\_\_\_\_.

**Slide 7** – Write down the definition of vitamins on your vocabulary sheet.

**Slide 8** – Getting your vitamins from \_\_\_\_\_ is better than \_\_\_\_\_

because your body is more efficient at absorbing them this way.

**Slide 9** – There are 2 categories of vitamins;

\_\_\_\_\_ which includes all of the B vitamins (riboflavin, foliate, niacin etc.)  
and Vitamin C (basically all vitamins except ADEK)

\_\_\_\_\_ which includes vitamins ADEK

We need to replace \_\_\_\_\_ vitamins regularly as they cannot be stored  
in the body for later use.

**Slide 10** – Write down the definition for minerals in your vocabulary sheet.

**Slide 11** – Iron is a common mineral. A good source of iron is \_\_\_\_\_. If we don't get  
enough iron someone could suffer from \_\_\_\_\_. We find iron in our body  
in our \_\_\_\_\_.

**Slide 12** - Calcium is a common mineral. A good source of calcium is \_\_\_\_\_. If we  
don't get enough calcium someone could suffer from \_\_\_\_\_. We find  
calcium in our body in our \_\_\_\_\_.

**Slide 13** - Potassium is a common mineral. A good source of potassium is \_\_\_\_\_. If  
we don't get enough potassium someone could suffer from \_\_\_\_\_.

**Slide 14** - Sodium is a common mineral. A good source of sodium is \_\_\_\_\_. If we  
don't get enough sodium someone could suffer from \_\_\_\_\_.

**Slide Set #2** Title Slide \_\_\_\_\_

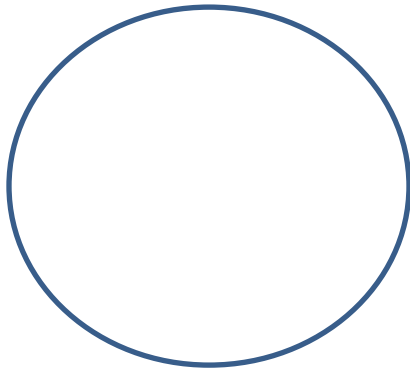
**Slide 2** – The macronutrients include carbohydrates, proteins and fats. These provide the body with energy.

Carbohydrates provide \_\_\_\_\_ calories / gram

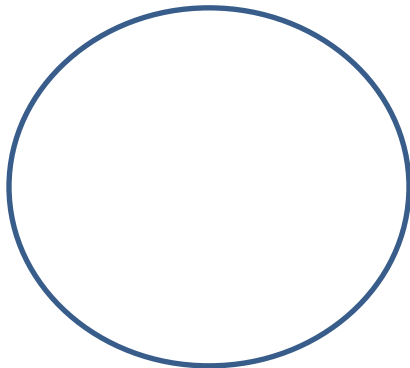
Proteins provide \_\_\_\_\_ calories / gram

Fats provide \_\_\_\_\_ calories / gram

**Slide 3** – Make your educated guess here:



**Slide 4** – The break down for where you should get your energy supplying nutrients based on the calories you eat in a day is



= Calories eaten in a day

**Slide 5** – Carbohydrates have 2 categories

Simple carbohydrates taste \_\_\_\_\_ and include foods like:

Simple carbohydrates give us quick energy because they are broken down quickly.

Complex carbohydrates include foods high in \_\_\_\_\_ and \_\_\_\_\_. These are foods like:

Complex carbohydrates give a more even energy because it is hard for our body to break down.

**Slide 6** – The order of \_\_\_\_\_ in a protein determine what that protein does.

**Slide 7** – There are \_\_\_\_\_ different amino acids that your body needs in order to function.

\_\_\_\_\_ your body makes on its own.

9 amino acids we need to get from \_\_\_\_\_

**Slide 8** – There are two categories of proteins.

\_\_\_\_\_ proteins have all 9 of the amino acids that we need. These are foods like:

\_\_\_\_\_ proteins only have some of the amino acids that we need. These are foods like:

We can combine incomplete proteins during the day to get all of the amino acids that we need.

**Slide 9** – Here are three reasons that we need fat in our diet to be healthy

- 1.
- 2.
- 3.

**Slide 10** – There are two categories of fats.

\_\_\_\_\_ fats come from animal products like:

Saturated fats are \_\_\_\_\_ at room temperature.

Unsaturated fats come from \_\_\_\_\_ products like:

\_\_\_\_\_ fats are liquid at room temperature.

We should limit \_\_\_\_\_ fats because they can be artery clogging.