Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_\_ Mrs. Scott’s Health Class

**Nutrition Unit Ch. 10 lesson’s 1 and 2 Notes**

**Lesson 1 Vocabulary (write the definition)**

1. **Nutrition**
2. **Calorie**
3. **Nutrients**
4. **Hunger**
5. **Appetite**

**6) Besides Family, list 3 other influences on people’s food choices:**

**-1.**

**-2.**

**-3.**

**Critical Thinking: Think about what you ate yesterday why did you pick those foods?**

**Lesson 2 Vocabulary and Questions**

**Write definition/main purpose and one food product example for #7, 8, 9**

1. **Carbohydrate –**
   1. **Two Types:**

**-Ex of each:**

1. **Fiber-**

**-Ex:**

1. **Protein-**

**-Ex:**

**Made of 20: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2 types of Proteins: (write differences and food sources for each)**

**Incomplete Complete**

1. **Lipids-**

**Write definition and difference between unsaturated and saturated fat and an example of each for #10**

**-Difference between unsaturated and saturated fat:**

**-Ex: Unsaturated fat:**

**-Ex: Saturated fat:**

**What is a trans fat?**

1. **Vitamins:**

**Write definition and difference between a water soluble and fat soluble vitamin and an example of each for #11**

**-Difference between water soluble and fat soluble vitamin:**

**-Ex: Water Soluble-**

**-Ex: Fat Soluble-**

**What does the water soluble Folic Acid (Folate) help with?**

**Where can you get it?**

1. **Minerals:**

**Write definition and give one example for #12**

**Ex:**

1. **Water:**

**What it does for the body:**

**How much water did the book/powerpoint recommend we drink a day?**

**-**

**Do you get this amount daily?**