

Nutrition Study Guide  
Chapter One

- 1 What are nutrients? Why do cells need nutrients?
- 2 What is the benefit of learning nutrition?
- 3 What is the difference between essential and non-essential nutrients? What are the three features of an essential nutrient?
- 4 What the difference between high and low nutrient density foods? Give examples.
- 5 What is the difference between food fortification and food enrichment? What term applies to salt?
- 6 Why should your food plate be “colorful”? What term is associated with food color?
- 7 What are the six nutrient categories? What are the “sub-categories associated with each category?
- 8 How much of each nutrient category do you need to consume each day?
- 9 What is a calorie? What is the difference between “calorie - Calorie - kilo-calorie”?
- 10 How many Calories are required daily for an “average person”?
- 11 How many kilo-calories are in a gram of carbohydrate, protein, fat, and alcohol?
- 12 How should the Kilocalories per day be distributed between carbohydrates, fat, and protein?
- 13 What is the significance of over-nutrition and under nutrition?
- 14 If you don't want to over complicate nutrition, then what five suggestions will result in a healthy diet?
- 15 What is the scientific method? What is a hypothesis? What is a scientific theory? Significance
- 16 What is diet? What is hunger? What is appetite? How does marketing influence these conditions?
- 17 Where is hunger and satiety regulated?
- 18 What is the difference between micro-nutritents and macro-nutritents?
- 19 Waht is the difference beteen organic and inorganic nutrients?