

### NUTRITION UNIT REVIEW

Nutrient	Function in the Body	Food Sources
1. Carbohydrates		
2. Fats		
3. Protein		

4. On a food label how can you tell which ingredient is in the largest quantity?

Define

5. Calorie:

6. Fiber:

7. Sodium: (where does most of the sodium come from in our Standard American Diet?)

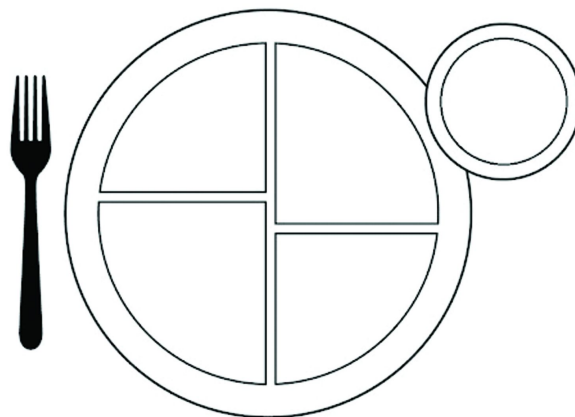
8. Organic:

**9. Fad diet (and what are some examples?):**

**10. Partially hydrogenated oil:**

**11. What is the recommended physical activity level for children and teens from the CDC?**

**12. Fill in the graphic below according to [www.choosemyplate.gov](http://www.choosemyplate.gov) the healthy plate guidelines.**



**13. List 5 names for added sugar in food:**