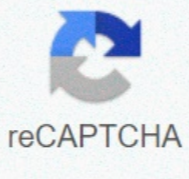




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Speed 2017 kb/sChapter 24 Study Guide The Sun Answers Direct Download Glencoe Chemistry Chapter 15.1 15.3 Study Guide Answers. chapter 23 and 24. Glencoe Health Study Guide Answers >>>CLICK HERE>CLICK HERE Transcript Name Class Date Vocabulary Chapter 5 Directions: Below is a list of vocabulary words from this chapter. The letters of the words have been scrambled. Unscramble each word and match it with its correct meaning on the right. Write the letter of the correct meaning in the blank. 1. aleriosc 7. eptiatpe 2. ugehrn 8. iidlp 3. ofod elarlg 9. iunritto 4. aezptrinsuiato 10. rnespoti 5. ativnsmi 11. odfo eotioranlc 6. tismnure 12. ribfe a. a natural physical drive that protects you from starvation b. the process by which the body takes in and uses food c. a negative reaction to a food or part of food caused by a metabolic problem, such as the inability to digest parts of certain foods or food components d. the process of treating a substance with heat to destroy or slow the growth of pathogens e. the units of heat that measure the energy used by the body and the energy that foods supply to the body f. a desire, rather than a need, to eat g. a condition in which the body's immune system reacts to substances in some foods h. an indigestible complex carbohydrate i. a fatty substance that does not dissolve in water j. nutrients that help build and maintain body cells and tissues k. the substances in food that your body needs to grow, to repair itself, and to supply you with energy l. compounds that help regulate many vital body processes, including the digestion, absorption, and metabolism of other nutrients Copyright © Glencoe/McGraw-Hill GLENCOE HEALTH • STUDENT ACTIVITY WORKBOOK 31 Name Class Date Applying Health Skills Activity 16 FOR USE WITH CHAPTER 5, LESSON 1 What Influences Your Food Choices? 32 GLENCOE HEALTH • STUDENT ACTIVITY WORKBOOK Snacks Dinner Lunch Breakfast FOODS Hunger Appetite Emotions Family, Cultural/ friends, Ethnic Schedules/ & peers Background Budgets Advertising Directions: As you learned in the lesson, many factors influence what foods you choose to eat. Examine the foods you ate for breakfast, lunch, dinner, and snacks in a recent one-day period. List the foods in the spaces provided in the chart. For each food, check the factor that most influenced your choice. Copyright © Glencoe/McGraw-Hill Name Applying Health Skills, Activity 16 Class Date (Continued) FOR USE WITH CHAPTER 5, LESSON 1 1. Analyze your food choices. For example, do you choose pizza because you really love it, or are you influenced by your friends? Is cost a factor when you eat out? Students' analyses will vary. 2. Based on the results in the chart, write a generalization that describes which factors most influence your food choices. Students' charts will vary. Generalizations will vary, but should reflect the results listed in the chart. Copyright © Glencoe/McGraw-Hill GLENCOE HEALTH • STUDENT ACTIVITY WORKBOOK 33 Name Activity 17 Class Date Applying Health Skills FOR USE WITH CHAPTER 5, LESSON 2 You Are What You Eat Directions: You have learned that in order to function properly, your body needs the nutrients found in food. Take on the role of a writer of a health column in a local newspaper. This week's column focuses on nutrients. Your job is to advise your readers about the nutrients necessary for healthful living. Read each situation below. Write your response in the blanks provided. 1. Sylvia writes: "I keep reading about the importance of getting the proper nutrients in the food I eat. What exactly are the nutrients I need? The main nutrients are carbohydrates, proteins, fats, vitamins, minerals, and water. 2. Jenna writes: "I heard that eating foods rich in carbohydrates is recommended for healthful living. What are carbohydrates, and what do they do for the body? What foods should I eat to increase my intake of carbohydrates?" Answers will vary, but might include the following: carbohydrates are the starches and sugars in foods; carbohydrates provide energy, which your body uses to perform every task; foods rich in carbohydrates include grain products such as bran cereals, oatmeal, and brown rice; popcorn; nuts; vegetables; fruits. 3. Joel writes: "My doctor suggested that I increase my intake of protein. What foods would you suggest that I eat?" Answers will vary, but might include the following: for complete proteins, consider animal products such as fish, meat, eggs, milk, cheese, yogurt, and soybean products; you might combine incomplete proteins found in foods such as rice and beans, or peanut butter and bread. 34 GLENCOE HEALTH • STUDENT ACTIVITY WORKBOOK Copyright © Glencoe/McGraw-Hill Name Applying Health Skills, Activity 17 Class Date (Continued) FOR USE WITH CHAPTER 5, LESSON 2 4. Marty writes: "I always thought that fat was bad for you. Now, I read that some fat is good for you. What are the facts?" Answers will vary, but might include the following: Although some kinds of fat can increase the risk of heart disease, the body needs some fat; fats provide a concentrated form of energy, and they help transport some vitamins in the blood; fats are a source of linoleic acid, which is necessary for growth and healthy skin. Nutritionists recommend that no more than 20 to 30 percent of your calorie intake be from fat. 5. Sam writes: "I know I get vitamins and minerals from my food, but does the body store and use all vitamins in the same fashion?" No, there are two categories of vitamins: water-soluble and fat-soluble. The former dissolve in water, can't be stored in the body, and need to be replenished daily. The latter are absorbed, stored, and transported in fat. 6. Tess writes: "Everyone says that you have to drink a lot of water every day. What is so important about water?" Water is important to every body function; it transports nutrients to and carries wastes away from cells, it lubricates joints and mucous membranes, it helps you to swallow and digest foods, eliminate waste, and maintain normal body temperature. Copyright © Glencoe/McGraw-Hill GLENCOE HEALTH • STUDENT ACTIVITY WORKBOOK 35 Name Class Date Applying Health Skills Activity 18 FOR USE WITH CHAPTER 5, LESSON 3 Guiding Your Food Choices Directions: You are determined to have a healthful eating plan. List a day's worth of meals and snacks. Then include the foods you choose in the correct section of the sketch of the Food Guide Pyramid below. Also include the number of servings for each of the foods you choose. The Food Guide Pyramid Fats, Oils, and Sweets Use sparingly. Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (Meat and Beans Group) Milk, Yogurt, and Cheese Group (Milk Group) 3-4 servings for teens; 2-3 servings for adults YO GU RT 2-3 servings, adding up to 5-7 ounces Vegetable Group 3-5 servings Fruit Group 2-4 servings Bread, Cereal, Rice, and Pasta Group (Grains Group) 6-11 servings Refer to your completed chart. How well do your meal plans follow the recommended foods and number of servings suggested in the Food Guide Pyramid? How can you adjust your food choices to better follow the recommendations? Charts will vary. Students' evaluations will vary but should indicate how well their meal plans follow the recommendations in the Food Guide Pyramid and how they might adjust their food plan to better follow the recommendations. 36 GLENCOE HEALTH • STUDENT ACTIVITY WORKBOOK Copyright © Glencoe/McGraw-Hill Name Class Date Applying Health Skills Activity 19 FOR USE WITH CHAPTER 5, LESSON 4 Knowing What You Eat Directions: As you have learned, the law requires that packaged and prepared foods include a Nutrition Facts panel. The information on this panel can help you determine the nutritional needs the food will meet. Choose a packaged food that you enjoy. Find the Nutrition Facts panel on the food and record the information listed on the panel in the diagram below. Nutrition Facts Serving size: Number of servings per container: Number of Calories per serving: Calories from fat per serving: Total Fat Grams: Saturated Fat: Cholesterol: Sodium: Total carbohydrate: Dietary fiber: Sugars: Protein: Percentage of the Daily Value of vitamins and minerals: 1. What are the three main ingredients in the food product you chose? Ingredients will vary, but should be the first three listed in the "Ingredients" section of the panel. 2. How does the food product meet the body's nutritional needs? Answers will vary, but should indicate which nutrients are included in the food and which are missing. 3. How can using the Nutrition Facts panel help you maintain a healthful diet? Answers will vary, but may include that using the information can help you choose nutritious foods and help ensure that the body gets all the nutrients it needs. Copyright © Glencoe/McGraw-Hill GLENCOE HEALTH • STUDENT ACTIVITY WORKBOOK 37 Name Class Date Study Guide Chapter 5 STUDY TIPS: • Read You'll Learn To for each lesson. • Look up the meaning of any unfamiliar vocabulary terms. • Read the questions below before you read the chapter. Directions: As you read the chapter, answer the following questions. Later you can use this guide to review the information in the chapter. Lesson 1 1. Define nutrition. the process by which the body takes in and uses food 2. Identify three reasons good nutrition is important. Good nutrition enhances quality of life, helps prevent disease, and provides calories and nutrients the body needs for maximum energy and wellness. 3. What is the difference between hunger and appetite? Hunger is a natural physical drive that protects people from starvation; appetite is a desire, rather than a need, to eat. 4. Describe three environmental factors that influence your food choices. Any three: family, friends, and peers; cultural and ethnic background; convenience and cost; advertising. Lesson 2 5. Identify the six groups of nutrients. carbohydrates, proteins, fats, vitamins, minerals, water 6. What kinds of foods are high in fiber? fruits and vegetables with edible skins and whole-grain products such as bran cereals, oatmeal, and brown rice. 7. Describe three things that proteins do. Any three: build new cells; replace damaged cells; make enzymes, hormones, and antibodies; provide energy. 8. What kinds of fats are high in saturated fatty acid? animal fats and tropical oils 9. Which type of vitamins can be stored in the body? Fat-soluble vitamins can be stored in the body. 38 GLENCOE HEALTH • STUDENT ACTIVITY WORKBOOK Copyright © Glencoe/McGraw-Hill Name Study Guide, Chapter 5 Class Date (Continued) Lesson 3 10. What is the Dietary Guidelines for Americans? a set of recommendations for healthful eating and active living 11. What is the Food Guide Pyramid? a guide for making healthful daily food choices 12. From which food group should most of your daily servings come? from the grain group 13. Explain why moderating your salt intake can benefit your health. Moderating your salt intake can reduce your chances of developing high blood pressure and may benefit the skeletal system by decreasing the loss of calcium from bone. 14. Identify the three factors that are the foundation of a healthful eating plan. variety, moderation, balance Lesson 4 15. How are a food's ingredients listed on most food labels? by weight and in descending order (the ingredient in the greatest amount listed first) 16. Define food allergy and food intolerance. A food allergy is a condition in which the body's immune system reacts to substances in some foods; a food intolerance is a negative reaction to a food or part of food caused by a metabolic problem, such as the inability to digest parts of certain foods or food components. 17. Describe three ways of reducing the risk of foodborne illnesses. Any three: washing hands before preparing food; preventing cross-contamination by washing utensils and countertops after preparing each food item; use cutting boards made of nonporous materials; use paper towels when possible; wash fruits and vegetables before eating them; separate raw meat from other food items in your shopping cart and at home; use separate cutting boards for raw meat and raw vegetables or other foods ready to be eaten; don't put cooked meat on a plate that previously held raw meat; cook foods to a safe temperature; refrigerate or freeze perishable foods. Copyright © Glencoe/McGraw-Hill GLENCOE HEALTH • STUDENT ACTIVITY WORKBOOK 39

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