

6th Grade Nutrition Study Guide

1. Define these vocab words:

- a. Sodium:Sodium is a mineral that helps control the amount of fluid in your body Too much salt can promote high blood pressure Reduce your sodium intake to less than 2,300 milligrams of sodium a day
- b. Cholesterol:a waxy chemical our bodies produce and needs small amounts
- c. Trans Fat:start of liquid and are made solid through processing
- d. Nutrition:nutrients are substances in food that your body need to carry out its normal functions
- e. MyPlate:fruits,veggies,grains,dairy and protein
- f. Saturated Fats:fats that are at solid room temp.
- g. Calorie:the energy needed to raise the temperature of 1 gram of water through
- h. Body Image:how you imagine yourself to look like
- i. Protein:nutrients that provide the building blocks your needs for growth.Sources include fish,meat, eggs, milk and other dairy products.Other sources are beans,nuts, and most soy-based products
- j. Fiber:A complex carbohydrate

2. List 3 reasons to eat fruits and veggies

- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including

Personal Nutrition Study Guide

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,Andreana De Mauri**



Personal Nutrition Study Guide:

Embracing the Track of Appearance: An Psychological Symphony within **Personal Nutrition Study Guide**

In some sort of eaten by monitors and the ceaseless chatter of instant transmission, the melodic elegance and emotional symphony produced by the prepared term frequently diminish in to the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. But, located within the pages of **Personal Nutrition Study Guide** a marvelous fictional value filled with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, that captivating masterpiece conducts readers on a psychological journey, skillfully unraveling the hidden melodies and profound influence resonating within each cautiously crafted phrase. Within the depths of the touching review, we can explore the book is main harmonies, analyze their enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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