

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

Ian Pickup



Personal Nutrition Study Guide:

The Enigmatic Realm of **Personal Nutrition Study Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Personal Nutrition Study Guide** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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