

## 6<sup>th</sup> 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

**Patricia A. Potter, GERALYN  
OCHS, PATRICIA STOCKERT**



## **Personal Nutrition Study Guide:**

The book delves into Personal Nutrition Study Guide. Personal Nutrition Study Guide is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Personal Nutrition Study Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Personal Nutrition Study Guide
- Chapter 2: Essential Elements of Personal Nutrition Study Guide
- Chapter 3: Personal Nutrition Study Guide in Everyday Life
- Chapter 4: Personal Nutrition Study Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Personal Nutrition Study Guide. This chapter will explore what Personal Nutrition Study Guide is, why Personal Nutrition Study Guide is vital, and how to effectively learn about Personal Nutrition Study Guide.

3. In chapter 2, the author will delve into the foundational concepts of Personal Nutrition Study Guide. The second chapter will elucidate the essential principles that must be understood to grasp Personal Nutrition Study Guide in its entirety.

4. In chapter 3, the author will examine the practical applications of Personal Nutrition Study Guide in daily life. This chapter will showcase real-world examples of how Personal Nutrition Study Guide can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Personal Nutrition Study Guide in specific contexts. This chapter will explore how Personal Nutrition Study Guide is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Personal Nutrition Study Guide. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Personal Nutrition Study Guide.

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