

6th Grade Nutrition Study Guide

1. Define these vocab words:

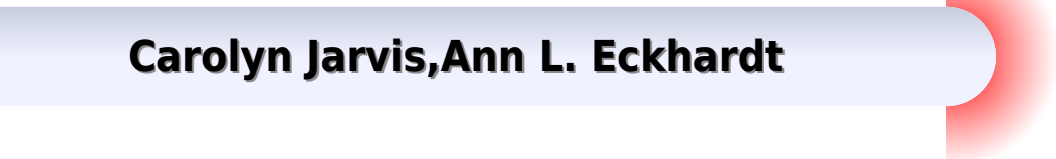
- a. Sodium:Sodium is a mineral that helps control the amount of fluid in your body Too much salt can promote high blood pressure Reduce your sodium intake to less than 2,300 milligrams of sodium a day
- b. Cholesterol:a waxy chemical our bodies produce and needs small amounts
- c. Trans Fat:start of 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

Carolyn Jarvis, Ann L. Eckhardt



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Table of Contents Personal Nutrition Study Guide

1. Understanding the eBook Personal Nutrition Study Guide
 - The Rise of Digital Reading Personal Nutrition Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Personal Nutrition Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Personal Nutrition Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Personal Nutrition Study Guide
 - Personalized Recommendations
 - Personal Nutrition Study Guide User Reviews and Ratings
 - Personal Nutrition Study Guide and Bestseller Lists
5. Accessing Personal Nutrition Study Guide Free and Paid eBooks
 - Personal Nutrition Study Guide Public Domain eBooks
 - Personal Nutrition Study Guide eBook Subscription Services
 - Personal Nutrition Study Guide Budget-Friendly Options
6. Navigating Personal Nutrition Study Guide eBook Formats

- ePub, PDF, MOBI, and More
- Personal Nutrition Study Guide Compatibility with Devices
- Personal Nutrition Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Personal Nutrition Study Guide
 - Highlighting and Note-Taking Personal Nutrition Study Guide
 - Interactive Elements Personal Nutrition Study Guide
- 8. Staying Engaged with Personal Nutrition Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Personal Nutrition Study Guide
- 9. Balancing eBooks and Physical Books Personal Nutrition Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Personal Nutrition Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Personal Nutrition Study Guide
 - Setting Reading Goals Personal Nutrition Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Personal Nutrition Study Guide
 - Fact-Checking eBook Content of Personal Nutrition Study Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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