

## 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

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Updegrove Partridge**



## **Personal Nutrition Study Guide:**

## Unveiling the Power of Verbal Art: An Mental Sojourn through **Personal Nutrition Study Guide**

In some sort of inundated with displays and the cacophony of instantaneous transmission, the profound power and mental resonance of verbal beauty usually disappear in to obscurity, eclipsed by the constant barrage of sound and distractions. Yet, nestled within the lyrical pages of **Personal Nutrition Study Guide**, a captivating function of literary splendor that impulses with natural thoughts, lies an wonderful trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that interesting opus books visitors on a mental odyssey, gently revealing the latent potential and profound affect stuck within the elaborate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is key subjects, dissect their charming writing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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