

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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Personal Nutrition Study Guide:

Reviewing **Personal Nutrition Study Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Personal Nutrition Study Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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