

6 MAIN NUTRIENT Answer Key



1. Define Nutrition -
is the science of turning food into fuel for the body.
2. What do nutrients provide?
they provide materials for building and maintenance of body tissue, and regulate body processes.
3. List the 6 main nutrients. Circle the four that are organic. Underline the nutrients that provide energy. Put a star by the nutrients that provide energy.

1. <u>Carbohydrates</u>	2. <u>Proteins</u>	3. <u>Fats</u>
4. <u>Vitamins</u>	5. <u>Minerals</u>	6. <u>Water</u>
4. What nutrient provides the bodies main source of energy? Carbohydrates
5. What nutrient helps build up and repair the body? Protein
6. What nutrient carries fat-soluble vitamins through the body? Fats
7. What nutrient provides heat? Fats
8. Do vitamins provide energy? No
9. What nutrient helps in elimination? Water
10. What does RDA stand for? Recommended Daily Allowance
11. What is the recommended RDA for Carbohydrates in our diets? 58%
12. What is the recommended RDA for Fat in our diets? 30%
13. What is the recommended RDA for Protein in our diets? 12%
14. What is the difference between an organic and an inorganic substance? organic contains carbon and inorganic does not contain carbon
15. Energy is fuel for the body. A unit of energy is called a Calorie.
16. How many of the 6 main nutrients have calorie value? 3
17. Which of the nutrients has the most kcal per gram? Fat

Answers For Meet The Nutrients

JE Gale



Answers For Meet The Nutrients:

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