

Health for Life

Worksheet: Chapter Review

Name: _____ Class: _____ Date: _____

Reviewing Concepts and Vocabulary

As directed by your teacher, answer items 1 through 5 by correctly completing each sentence with a word or phrase.

1. Carbohydrate, _____, and fat provide energy to the human body.
2. _____ is unsaturated fat (e.g., sunflower oil) that is chemically altered to look and act like saturated fat.
3. Fat that comes primarily from plant sources and is liquid at room temperature is called _____ fat.
4. Your body needs _____ essential amino acids from the foods you eat.
5. _____ is a mineral necessary for optimal bone growth.

For items 6 through 10, as directed by your teacher, match each term in column 1 with the appropriate phrase in column 2.

- | | |
|----------------------|-------------------------------|
| 6. saturated fat | a. carbohydrate, fat, protein |
| 7. unsaturated fat | b. solid at room temperature |
| 8. macronutrient | c. vitamin and minerals |
| 9. micronutrient | d. chemically altered fat |
| 10. trans-fatty acid | e. most vegetable oils |

For items 11 through 15, as directed by your teacher, respond to each statement or question.

11. Explain the difference between soluble and insoluble fiber.
12. What is an incomplete protein?
13. What is cholesterol?
14. Why is calcium an important mineral for teens?
15. What is a nutrient claim? Give one example.

Thinking Critically

Write a paragraph in response to the following questions.

Scott likes to eat hamburgers, fries, and chocolate shakes. For lunch, he often eats pepperoni pizza with extra cheese dipped in ranch dressing. He doesn't like to eat fruits and vegetables. Scott is 17, is not overweight, and has no current health problems. What changes would you advise Scott to make in his diet? Why?

Health for Life

Take It Home

Look through the foods in your house and select five that you might normally snack on. Study each label and complete the following steps.

1. Write down the name of each food, the serving size, and the number of servings in the package.
2. Rank the foods in writing according to the amount of fat per serving (least fat = 1 and most fat = 5). Repeat this process for fat and fiber content.
3. Determine which snack is the healthiest and which is the least healthy. Explain your selections to a family member.