

Chapter 8

Lesson 1 Nutrition and Your Life

Objectives

- **Explain** how the food you eat affects your health.
- **Describe** the process of digestion.
- **Describe** the importance of eating foods high in nutrients.
- **Identify** seven factors that affect your food choices.



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Start Off Write

Why is practicing good nutrition important?



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Nutrition and Your Health

- **You Are What You Eat** The kinds of food you eat affect your overall health. Your body needs energy for physical activity, for bone and muscle growth, and for fighting germs that cause sickness.
- **What Is Good Nutrition?** Good nutrition means eating the right amount of healthful foods and not skipping meals.



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Nutrients and Food

- **What Are Nutrients?** The substances in food that your body needs to function properly are called nutrients.
- **What Are Nutrients Used For?** Your body uses some nutrients to keep your body healthy. Your body uses other nutrients for energy.



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Using Food for Energy

- **What Is Digestion?** Digestion is the process of breaking down food into a form your body can use.
- **How Nutrients Are Carried Through the Body**
The nutrients are absorbed into the blood through the blood vessels in the small intestine.



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What Is a Diet?

- **Diets** A diet is a pattern of eating that includes what a person eats, how much a person eats, and how often a person eats.



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Influences on Your Food Choice

- **What Do You Like to Eat?** Many factors affect the food choices you make. Some of these factors are shown on the next slide.



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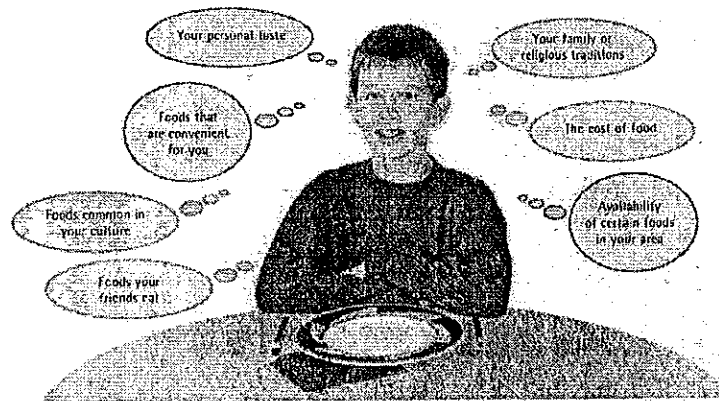
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Several factors may affect your food choices.



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Food and Feelings

- **Emotional Eating** Many people eat even if they are not hungry. They may eat because their feelings or their surroundings make them want to eat, even if their body does not need the nutrients.
- **What Causes You to Eat?** Knowing what types of feelings affect your diet can be helpful to you. If you know which feelings affect you, you can stop yourself from eating when you are not hungry.



Chapter 8 Lesson 2 The Nutrients You Need

Objectives

- **Identify** the six essential nutrients.
- **Explain** how the body uses the six essential nutrients.



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Chapter 8 Lesson 2 The Nutrients You Need

Start Off Write

How much fat is needed in a healthy diet?



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Lesson 2 The Nutrients You Need

How Your Body Uses Nutrients

- **Calories** The amount of energy your body gets from a food is measured in units called Calories.
- **Metabolism** The process of converting the energy in food into energy your body can use is called metabolism.



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Lesson 2 The Nutrients You Need



Your body needs a variety of nutrients to stay healthy. Eating only one food, even if the food is healthy, will not give you all the nutrients you need.



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Lesson 2 The Nutrients You Need

Carbohydrates

- **Simple Carbohydrates** Simple carbohydrates are sugars, such as table sugar, honey, and the sugar found in fresh fruit.
- **Complex Carbohydrates** Complex carbohydrates, or starches, are made of many sugar molecules linked together.



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Fats

- **What Are Fats?** Fats are energy-storage nutrients that help the body store some vitamins.
- **Sources of Fats** Sources of fats include butter, vegetable oil, margarine, and other dairy products.



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Proteins

- **What Are Proteins?** Proteins are nutrients that supply the body with energy for building and repairing tissues and cells.
- **Sources of Proteins** Meat, poultry, and fish are good sources of protein.



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Vitamins

- **What Are Vitamins?** Vitamins are organic compounds that control several body functions.
- **Sources of Vitamins** Many vitamins are found in fresh vegetables, fruits, nuts, and dairy products.



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Minerals

- **What Are Minerals?** Minerals are elements that are essential for good health.
- **Types of Minerals** Types of minerals include:
 1. Calcium
 2. Phosphorus
 3. Iron
 4. Sodium



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Good Sources of Some Important Vitamins and Minerals

Name	What It Does For Your Body	Where You Get It
Vitamin A	necessary for healthy hair and skin	carrots, sweet potatoes, and squash
Vitamin C	helps your body fight germs that cause illness	orange juice, broccoli, and papaya
Vitamin B-12	aids in concentration, memory, and balance	fish, milk and milk products, eggs, meat, and poultry
Calcium	necessary for healthy, strong bones and teeth	milk, cheese, yogurt, and sardines
Iron	necessary for healthy blood; prevents tiredness	tofu, spinach, black-eyed peas, and red meat

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Water

- **The Importance of Water** Your body uses water in the following ways:
 1. You use water to carry nutrients and waste products throughout your body.
 2. Water helps your body keep a constant temperature.
 3. The cells in your body are made mostly of water, and water is used to fill the spaces between your cells.
 4. Water surrounds your joints and keeps them moving smoothly.



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