

Concept Review

Lesson: Nutrition and Your Life

1. Why are nutrients important to your health?

2. Describe the process of digestion.

3. Why is it important that your diet include foods high in nutrients?

4. List seven factors that affect your food choices.

Concept Review *continued*

Lesson: The Nutrients You Need

Match the definitions with the correct term. Write the letter in the space provided.

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| _____ 5. includes calcium, phosphorus, and iron | a. Calorie |
| _____ 6. carries nutrients and waste products throughout your body | b. metabolism |
| _____ 7. a unit that is used to measure the amount of energy your body gets from food | c. carbohydrate |
| _____ 8. a chemical composed of one or more simple sugars | d. fats |
| _____ 9. the process of converting the energy in food into energy your body can use | e. proteins |
| _____ 10. usually found in fresh vegetables, fruits, nuts, and dairy products | f. vitamins |
| _____ 11. energy-storage nutrients | g. minerals |
| _____ 12. supplies the body with energy for building and repairing tissues and cells | h. water |

Lesson: Making Healthy Choices

Complete each item below.

13. The _____ is a set of suggestions that will help you develop healthy eating habits.
14. List the food groups represented in the Food Guide Pyramid.

15. What information can you find on the Nutrition Facts label?

Concept Review *continued*

16. Explain the difference between a serving size and a portion size.

Lesson: Body Image

- _____ 17. What is your body image?
- a. the way you feel about and see your body
 - b. how your parents see your body
 - c. how your friends see your body
 - d. All of the above
- _____ 18. Your body image can affect your
- a. digestion.
 - b. energy.
 - c. self-esteem.
 - d. None of the above
- _____ 19. What factors influence your body image?
- a. your teachers or coaches
 - b. the media
 - c. your family and friends
 - d. All of the above
- _____ 20. "I may feel awkward sometimes because I am tall, but being tall has its advantages too." This is an example of
- a. an "I" statement.
 - b. positive self-talk.
 - c. negative self-talk.
 - d. a "you" statement.

In the blanks provided, label each statement as *H* for healthy body image and *U* for unhealthy body image.

- _____ 21. I am too fat. I need to go on a diet.
- _____ 22. I like the way I look.
- _____ 23. I am a fun person to be around.
- _____ 24. I don't like my body.

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Concept Review *continued*

Lesson: Eating Disorders

Match the definitions with the correct term. Write the letter in the space provided.

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|--|--------------------------|
| _____ 25. involves eating a large amount of food and then trying to remove the food from the body | a. eating disorder |
| _____ 26. a disease in which a person cannot control how much he or she eats | b. anorexia nervosa |
| _____ 27. a disease that involves unhealthy concern with one's weight | c. bulimia nervosa |
| _____ 28. a disorder that involves self-starvation, an unhealthy body image, and extreme weight loss | d. binge eating disorder |

29. List three examples of unhealthy eating behaviors.

30. Is overexercising related to eating disorders? Explain.

31. Describe how you would give or get help for an eating disorder.

Lesson: A Healthy Body, a Healthy Weight

32. List the factors that affect your healthy weight range.

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Concept Review *continued*

33. What is body mass index?

34. Why is it important to maintain a healthy energy balance?

35. Describe a fad diet. Why are fad diets unhealthy?
