**Nutrition Study Guide Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Topics to Review**

* Acidic Foods
* Sugar Test (Control Variables, Conclusion, etc.)
* Fat Test (Control Variables, Conclusion, etc.)
* Sugars: Types, Metabolism, etc.
* Fats: Types, Appropriate amounts, etc.
* Nutrients
* Old Food Pyramid v. My Plate
* Food Labels
* Digestive Process

**Terms**

* Calorie
* Carbohydrate
* Calcium
* Cholesterol
* Diabetes
* Digestion
* Fats
* Fructose
* Glucose
* Insulin
* Lactose
* Metabolism
* Mineral
* Nutrient
* Nutrition
* Obesity
* Protein
* Scurvy
* Sucrose
* Supplement
* Vitamin
* Trans fat
* Adipose Cells
* Saturated Fats
* Monounsaturated Fats
* Polyunsaturated Fats

**Review Questions**

1. What are the different types of nutrients? Why do we need all of these nutrients in our diet?
2. Name the unit of measure used for measuring the amount of energy in food.
3. Explain how yeast becomes active and what is its used for.
4. Explain the process of breaking down food into energy.
5. Describe how fats are good and bad for you.
6. Compare the similarities and differences of trans-fats with other fats.
7. Compare the similarities and differences between the old food pyramid and my plate.
8. In a scientific experiment, what are controlled variables, manipulated variables, and responding variables?
9. Name the steps in testing for the presence of fats in foods.
10. Give examples of acidic foods.
11. Tell the steps in testing for the presence of sugar in foods.
12. Describe three types of fats.
13. State what reading a food label is important. (Be prepared to interrupt a label.)
14. Explain how ingredients are listed on a food label.
15. Describe three types of sugars.
16. Explain the digestive system.
17. What is metabolism?
18. What is cholesterol?
19. What is the function of fat? Where is this energy stored?
20. What is the function of sugar?