7th grade Nutrition
Chapter 4 Study Guide

Definitions:

Nutrition:

Calorie:

Nutrients:

Carbohydrates:

Proteins:

Fats:

Saturated Fats:

Unsaturated Fats:

Body Mass Index:

Mineral:

Kidneys:

Fiber:

Cholesterol:

Digestive System:

Excretory System:

Binge Eating:
Anorexia:

Bulimia:

Vitamins:

**Directions**: Compare and Contrast the two food labels below. Giving evidence, explain which one is healthier.

<table>
<thead>
<tr>
<th>Oreo Cookies</th>
<th>Reduced Fat Oreo Cookies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container 30</td>
<td>Servings per container 30</td>
</tr>
<tr>
<td>Serving Size 2 Cookies</td>
<td>Serving Size 2 Cookies</td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>120</td>
</tr>
<tr>
<td>Total Fat</td>
<td>7 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>120mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>25g</td>
</tr>
<tr>
<td>Sugar</td>
<td>12g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
</tbody>
</table>

1. Healthier Option: ___________________________
   Justify your answer using numbers! (Hint: make a chart):

2. What are the digestive and excretory systems and how are they different?

   Digestive:__________________________________________________________

   Excretory:__________________________________________________________

   Difference:________________________________________________________
3. What are the three eating disorders and how are they different?

- 
- 
- 

Explain how these are different:

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

4. What are three possible issues you could face from being obese? How would it be hard on your body?

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- 
- 
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5. What are three possible issues you could face from being underweight? What would happen to your body?

- 
- 
- 
- 

6. Name 6 ways to care for your digestive system.

1. __________________________________________________________

2. __________________________________________________________

3. __________________________________________________________

4. __________________________________________________________
** (Last 2 ways to care for digestive system)

5. __________________________________________________________

6. __________________________________________________________

7. The obesity rate in America has increased rapidly in the last 10 years. Give three reasons explaining why this has occurred.

1. _________________________________________________________
   _________________________________________________________

2. _________________________________________________________
   _________________________________________________________

3. _________________________________________________________
   _________________________________________________________

8. How long does it take the brain to realize that you are full when eating?
   _________________________________________________________

9. What are 3 reasons for eating breakfast every morning?

1. _________________________________________________________

2. _________________________________________________________

3. _________________________________________________________

10. List each food group and give two foods that are in each food group.
11. What are the 6 Categories of Nutrients?

1. ___________________  2. ___________________
2. ___________________  3. ___________________
3. ___________________  4. ___________________
5. ___________________  6. ___________________