**Ticket to Class**

**Nutrition Ticket #1**

**\_\_\_/20 Points**

***Fill in the answers and list the page numbers used to answer the question***

1. \_\_\_\_\_\_\_\_\_\_\_\_\_ is the process which the body takes in and uses food.
2. Food provides energy to the body, how is this measured? Explain.
3. List examples of things that influence your food choices.
4. *Hunger* is when you \_\_\_\_\_\_\_\_\_\_\_\_\_ food. *Appetite* is when you \_\_\_\_\_\_\_\_\_\_\_\_\_ food. Give an example of each in the space below.
5. Emotions can cause you to\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_ food. How could that be harmful to your health for each answer?
6. Who helps to shape your eating habits when growing up or hanging out?
7. List 3 additional factors (2 from the book and one personal, or all 3 from the book) that can influence someone’s food choices **and** why.
8. Does what you eat today have an effect on your body in the future? Why?

**ANSWER GUIDE**

**Ticket to Class**

**Nutrition Ticket #1**

***Fill in the answers and list the page numbers used to answer the question***

1. Nutrition is the process which the body takes in and uses food.
2. Food provides energy to the body, how is this measured? Explain.

Calories, it is the units of heat that measure the energy used by the body and the energy that foods supply to the body

1. List examples of things that influence your food choices.

Family, friends, culture, ethnicity, religion, environment, ect

1. *Hunger* is when you need food. *Appetite* is when you want food. Give an example of each in the space below.

Examples should be listed here

1. Emotions can cause you to eat more or less food. How could that be harmful to your health for each answer?

Too much – can lead to: over eating, weight gain, and eating disorder

Too little – can lead to: lack of nutrients, drastic weight loss, and eating disorder

1. Who helps to shape your eating habits when growing up or hanging out?

Family and friends

1. List 3 additional factors (2 from the book and one personal, or all 3 from the book) that can influence someone’s food choices **and** why.

Culture/Ethnicity – more foods are common than others

Cost – may not have enough money to purchase certain foods

Advertising – media suffocates consumers with what to buy

1. Does what you eat today have an effect on your body in the future? Why?
* Disease/disease prevention
	+ With a poor diet, there is an increased risk of cardiovascular diseases, certain cancers, and diabetes
* Longer lifespan
	+ With less disease, the body has a higher rate of living longer