**Ticket to Class**

**Nutrition Ticket #2**

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

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

1. List the six basic nutrients.
2. Potatoes, pasta, and bread are high in what nutrient?
3. The answer for #2 is the body’s \_\_\_\_\_\_\_\_\_\_\_\_\_ source of energy, and provides \_\_\_\_\_\_\_\_\_\_\_\_\_ calories per gram. The energy given from this nutrient is used for every task your body does, from reading a book to going for a run.
4. Carbohydrates are broken into 2 categories, \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_.
5. Sugars are a \_\_\_\_\_\_\_\_\_\_\_\_\_carbohydrates. Examples would be Fructose, \_\_\_\_\_\_\_\_\_\_\_\_\_, and sucrose. Where can each of those examples be found in?
6. Starches are a \_\_\_\_\_\_\_\_\_\_\_\_\_ carbohydrate. And can be found in whole grains, \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, and tubers (root vegetables such as potatoes).
7. Which type of carbohydrate breaks down quickly? How about slowly?
8. All Carbohydrates are turned into \_\_\_\_\_\_\_\_\_\_\_\_\_, a simple sugar that is the body’s main source of energy.
9. If you eat more carbohydrates than you body needs, it can turn into \_\_\_\_\_\_\_\_\_\_\_\_\_.
10. \_\_\_\_\_\_\_\_\_\_\_\_\_is a carbohydrates that is an indigestible complex carbohydrate that helps your digestive system.
11. What does the answer for #10 do for the digestive system? Can #10 be turned into energy?
12. Give 2 examples of where fiber can be found.
13. What nutrient can help build and maintain body cells and tissues? (Hint, they have amino acids)
14. What are the other 9 acids that your body needs help to create are called? (Hint, they come from the food you eat)
15. The answer to #13 can be broken up into 2 categories, \_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_.
16. \_\_\_\_\_\_\_\_\_\_\_\_\_ Proteins contain a large amount of all 9 essential amino acids. Examples can be found in \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_.
17. \_\_\_\_\_\_\_\_\_\_\_\_\_ Proteins have essential amino acids, but are missing one or more of them. Examples can be found in \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_.
18. Protein supplies the body with energy, is it the body’s main source of energy?
19. Like carbohydrates, proteins give 4 calories per gram of energy. But also, the body turns extra protein into \_\_\_\_\_\_\_\_\_\_\_\_\_.
20. \_\_\_\_\_\_\_\_\_\_\_\_\_, sometimes known as fat, is a fatty substance that does not dissolve in water.
21. How many calories of energy per gram does #22 provide? \_\_\_\_\_\_\_\_\_\_\_\_\_
22. Fats are made up of \_\_\_\_\_\_\_\_\_\_\_\_\_ acids. These acids are broken up into 2 categories, \_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_.
23. \_\_\_\_\_\_\_\_\_\_\_\_\_ fatty acids are usually animal products and holds all the hydrogen atoms it possibly can. Give 3 examples.
24. \_\_\_\_\_\_\_\_\_\_\_\_\_ fatty acids are usually liquids (oil) at room temperature. In addition, this fatty acid can add more hydrogen atoms to it.
25. Saturated fatty acids are linked to \_\_\_\_\_\_\_\_\_\_\_\_\_, while unsaturated fatty acids will \_\_\_\_\_\_\_\_\_\_\_\_\_ of heart disease.
26. What do fats do for vitamins A, D, E, and K?
27. Eating a high amount of saturated fat can lead to high levels of \_\_\_\_\_\_\_\_\_\_\_\_\_, which is a waxy lipid-like substance that circulates in blood.
28. List 3 positive functions cholesterol does for the body
29. Excess cholesterol leads to blockage in the \_\_\_\_\_\_\_\_\_\_\_\_\_, this \_\_\_\_\_\_\_\_\_\_\_\_\_ the risk for heart disease.
30. \_\_\_\_\_\_\_\_\_\_\_\_\_ are compounds that help regulate many vital body processes, including the digestion, absorption, and metabolism of other nutrients.
31. The answer from #32 is divided into 2 categories, \_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_.
32. The vitamins that are \_\_\_\_\_\_\_\_\_\_\_\_\_ dissolve in water and easily pass into the blood. Since they pass so fast, they must be \_\_\_\_\_\_\_\_\_\_\_\_\_ regularly.
33. The vitamins that are \_\_\_\_\_\_\_\_\_\_\_\_\_, are absorbed, stored, and transported in fat.
34. The vitamins from question #35 are stored in fatty tissue, \_\_\_\_\_\_\_\_\_\_\_\_\_, and kidneys. An excess build up of fat-soluble vitamins can be \_\_\_\_\_\_\_\_\_\_\_\_\_ to the body.
35. \_\_\_\_\_\_\_\_\_\_\_\_\_ are substances that the body \_\_\_\_\_\_\_\_\_\_\_\_\_ manufacture but that are needed for forming healthy bones and teeth and for regulating many vital body process.
36. List 4 key minerals: *include* what its’ roles in the body is **and** 2 food sources.
37. \_\_\_\_\_\_\_\_\_\_\_\_\_ is vital to every body function. List 2 reasons why water is important for the body.
38. You should drink at least \_\_\_\_\_\_\_\_\_\_\_\_\_ cups of water. Why would you need more than the above number of cups needed?

**ANSWER GUIDE**

**Ticket to Class**

**Nutrition Ticket #2**

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

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

1. List the six basic nutrients.

Carbohydrates, Proteins, Lipids Vitamins, Minerals, and Water

1. Potatoes, pasta, and bread are high in what nutrient?

Carbohydrates

1. The answer for #2 is the body’s main source of energy, and provides four calories per gram. The energy given from this nutrient is used for every task your body does, from reading a book to going for a run.
2. Carbohydrates are broken into 2 categories, simple and complex
3. Sugars are simple carbohydrates. Examples would be Fructose, lactose, and sucrose. Where can each of those examples be found in?
4. Starches are a complex carbohydrate. And can be found in whole grains, seeds, nuts, and tubers (root vegetables such as potatoes).
5. Which type of carbohydrate breaks down quickly? How about slowly?

Quickly – simple

Slowly - complex

1. All Carbohydrates are turned into glucose, a simple sugar that is the body’s main source of energy.
2. If you eat more carbohydrates than you body needs, it can turn into glycogen
3. Fiber is a carbohydrate that is an indigestible complex carbohydrate that helps your digestive system.
4. What does the answer for #10 do for the digestive system? Can #10 be turned into energy?

Helps move waste from the digestive system, which prevents intestinal problems

No it cannot be used as energy

1. Give 2 examples of where fiber can be found.

Fruits, whole grains, and stringy parts of vegetables

1. What nutrient can help build and maintain body cells and tissues? (Hint, they have amino acids)

Protien

1. What are the other 9 acids that your body needs help to create are called? (Hint, they come from the food you eat)

Essential Amino Acids

1. The answer to #13 can be broken up into 2 categories, complete & incomplete
2. Complete Proteins contain a large amount of all 9 essential amino acids. Examples can be found in milk, cheese, fish, meat, poultry, eggs, soybeans, and yogurt
3. Incomplete Proteins have essential amino acids, but are missing one or more of them. Examples can be found in beans, peas, nuts, and whole grains.
4. Protein supplies the body with energy, is it the body’s main source of energy?

No

1. Like carbohydrates, proteins give 4 calories per gram of energy. But also, the body turns extra protein into body fat.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_, sometimes known as fat, is a fatty substance that does not dissolve in water.

Lipids

1. How many calories of energy per gram does #20 provide?

9

1. Fats are made up of fatty acids. These acids are broken up into 2 categories, saturated & unsaturated
2. Saturated fatty acids are usually animal products and holds all the hydrogen atoms it possibly can. Give 3 examples.
3. Unsaturated fatty acids are usually liquids (oil) at room temperature. In addition, this fatty acid can add more hydrogen atoms to it.
4. Saturated fatty acids are linked to increase, while unsaturated fatty acids will decrease of heart disease.
5. What do fats do for vitamins A, D, E, and K?

Transport

1. Eating a high amount of saturated fat can lead to high levels of cholesterol, which is a waxy lipid-like substance that circulates in blood.
2. List 3 positive functions cholesterol does for the body

* Make membranes
* Nerve tissue
* Produce hormones

1. Excess cholesterol leads to blockage in the arteries; this increases the risk for heart disease.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_ are compounds that help regulate many vital body processes, including the digestion, absorption, and metabolism of other nutrients.

Vitamins

1. The answer from #32 is divided into 2 categories, water soluble & fat soluble.
2. The vitamins that are water soluble dissolve in water and easily pass into the blood. Since they pass so fast, they must be replenished regularly.
3. The vitamins that are fat suluble are absorbed, stored, and transported in fat.
4. The vitamins from question #33 are stored in fatty tissue, liver, and kidneys. An excess build up of fat-soluble vitamins can be harmful to the body.
5. \_\_\_\_\_\_\_\_\_\_\_\_\_ are substances that the body \_\_\_\_\_\_\_\_\_\_\_\_\_ manufacture but that are needed for forming healthy bones and teeth and for regulating many vital body process.

Vitamins

Minerals

1. List 4 key minerals: *include* what its’ roles in the body is **and** 2 food sources.

Refer to text book for chart

1. \_\_\_\_\_\_\_\_\_\_\_\_\_ is vital to every body function. List 2 reasons why water is important for the body.

Water

1. You should drink at least 8 cups of water. Why would you need more than the above number of cups needed?

Because the body sweats and needs to be replenished