

SECTION 48-1 REVIEW

NUTRIENTS

VOCABULARY REVIEW Answer the questions in the space provided.

1. What are the six basic nutrients? _____

2. What is an unsaturated fat? _____

3. What is the function of vitamins? _____

4. How does dehydration affect the body? _____

MULTIPLE CHOICE Write the correct letter in the blank.

- _____ 1. Which of the following is *not* an organic nutrient?
a. vitamins b. lipids c. carbohydrates d. minerals
- _____ 2. Carbohydrates are important sources of
a. monosaccharides. c. legumes.
b. nonessential amino acids. d. glycerol.
- _____ 3. Essential amino acids are obtained from
a. animal products. b. plant products. c. legumes. d. All of the above
- _____ 4. Saturated fats
a. are found in most plant oils. c. are found in animal fats.
b. have double bonds. d. do not have a glycerol molecule.
- _____ 5. Which of the following statements is *true*?
a. Potassium is a component of ascorbic acid.
b. Potassium is required for the formation of red blood cells.
c. Bananas are good sources of potassium.
d. It is not necessary to consume foods containing potassium.

SHORT ANSWER Answer the questions in the space provided.

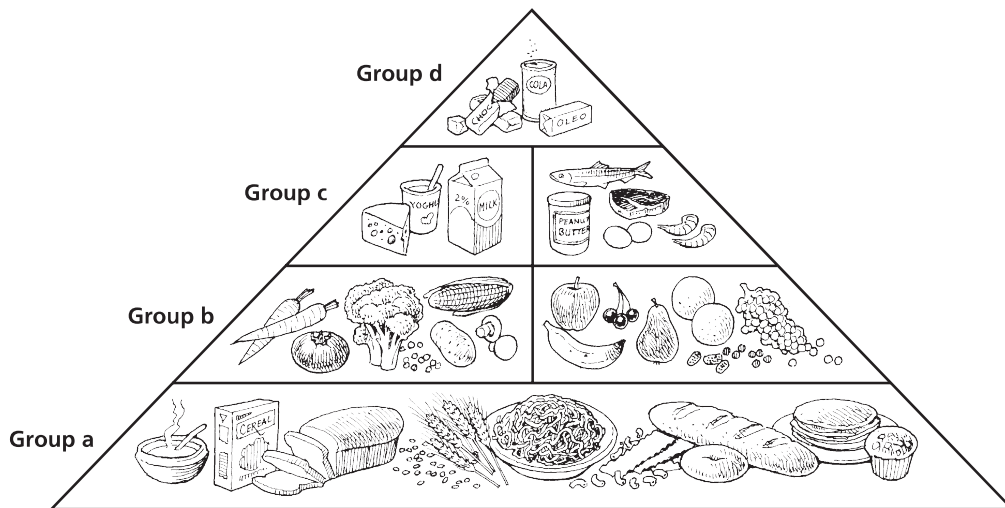
1. Explain the difference between essential amino acids and nonessential amino acids. _____

2. Describe the importance of simple sugars for normal body functioning. _____

3. List two reasons that water is an important nutrient. _____

4. **Critical Thinking** What characteristic is common to all of the nutrients? _____

STRUCTURES AND FUNCTIONS Use the food pyramid below to answer the following questions.



1. Based on the organization of the pyramid, which food group does the body need and use the most? What is the primary nutrient in this group? _____

2. Which food group contains all of the essential amino acids? Is this the only group that contains essential amino acids? Explain your answer. _____

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