

Science 9-Biology

Nutrition Review



10

Name _____

Due Date _____

Show Me Hand In

Correct and Hand In Again By _____

Pages 100-129 of SP ,Worksheets 6-1,6-2,6-3,6-4,6-5, and Experiments 6-1,6-2,6-3, will help you with the following questions. Doing this worksheet will definitely help you with the Chapter 6 test!

1. The main 4 elements in our body are:

2. Girl’s growth spurt is from about ____ to ____ and boys from about ____ to ____.

3. Units used to measure food energy in Canada are _____ and kilo_____.

4. Fructose can be found in _____
 Sucrose can be found in _____
 Lactose can be found in _____
 Glucose can be found in _____

5. When many simple sugar molecules join together, they form larger molecules called _____ carbohydrates.

6. Three complex carbohydrates are _____, _____, and _____.

7. The complex carbohydrate produced in our body which can be broken down and used for energy is _____

8. A complex carbohydrates produced by plants and used by humans for energy is called _____

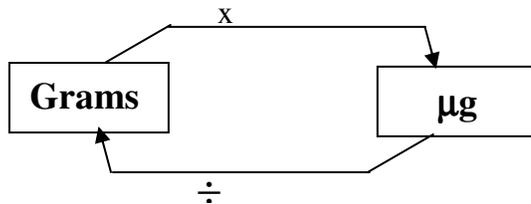
18. HDL is called (*good/bad*) _____ cholesterol and (*increases/decreases*) _____ a person’s chance of getting heart disease.
19. According to most nutritionists, no more than about ____% of your food energy should come from fats.
20. Fill in the following table using the information on Experiments 6-1 to 6-4

Nutrients to Test For	Material Used in the Test	Results of a Positive Test
Starch		
Simple sugars		
Fats		
Proteins		

21. Name five foods which are good sources of protein.
22. Protein molecules are very large. They are made up of smaller molecules called _____ joined together.
23. The four main chemical elements found in amino acids are ____, ____, ____ and ____.
24. In order to make the proteins that it needs, the body uses a total of ____ different amino acids. The body can make 12 of these amino acids by itself. These 12 do not need to be supplied by our diet. They are called _____ amino acids.
25. There are 8 amino acids that our body needs but cannot produce on its own. These 8 amino acids must be supplied by our diet. They are called _____ amino acids.

26. What is meant by a complete protein?
27. What is meant by an incomplete protein?
28. Meat and dairy products supply our body with (*complete/incomplete*) _____ proteins.
29. Some people do not eat meat or dairy products. In order to get all the essential amino acids from plant sources, what must you do? (See page 108 SP)
30. A major part of our bones, hair, skin and nails are made up of _____.
31. How do proteins help us when we get a cut in the skin?
32. Catalysts in our body are made up of proteins and are called _____.
33. We cannot store amino acids like we can store sugars and fats. The only place amino acids are stored in our bodies is in _____.
34. If our body severely lacks carbohydrates and fats, where does it start getting energy from?

35.



36. 1.0 grams = _____ µg
- 0.50 g = _____ µg
- 25.0 g = _____ µg
- 400 µg = _____ g
- 0.80 µg = _____ g
- 6500 µg = _____ g

37. Of the following, circle the elements NOT needed by your body:
Ca Mg Fe Hg Na Pb K U P I Cu
38. Vitamin _____ helps us absorb the mineral calcium.
39. Calcium is found mainly in the _____ and _____ of the body.
40. Does calcium have any effect on our nerves or muscles? _____
41. Name some foods that are high in calcium content.
42. What is the main function of iron in our body?
43. Circle the one which is the best source of iron:
orange juice milk red meat popsicles
44. The condition called scurvy is caused by a severe lack of _____.
45. Do vitamins make enzymes or assist enzymes? _____
46. See the table on page 114 or SP. Which 3 vitamins help release energy from carbohydrates? _____ and _____
47. Vitamin _____ helps maintain healthy teeth and gums.
48. Vitamin _____ helps with blood clotting
49. Vitamin _____ helps with night vision, fighting infections and keeping our skin healthy.
50. Vitamin ___ and the ___ vitamins are water soluble. If we consume more of these than we need, the excess gets expelled with the urine.
51. Vitamins ___, ___ and ___ are fat soluble. We need to have some fat in our diet to help us absorb these vitamins.
52. Orange juice and grapefruit juice are good sources of Vitamin _____.
53. A vitamin produced in our cells with the help of sunlight is Vitamin _____.
54. Fish liver oils are high in Vitamins _____ and _____

55. What are some symptoms of toxic amounts (too much) vitamin A in a diet? (See page 115)
56. What are 3 ways in which water is used in our body? (See 3rd paragraph on p. 116 SP)
57. How does your body cool itself on a hot day?
58. Is dietary fibre considered a nutrient? _____
Does it serve any function in the body? _____ If so, how does it help us?
59. Name some foods that are high in fibre.
60. Two types of microorganisms that cause food to spoil are _____ and _____.
61. The most important reason for food processing is to _____ the food.
Other reasons for food processing would be to improve the _____, _____,
_____ or _____ content of the foods.