

Nutrition Basics

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Carbohydrates

1. Carbohydrates: _____
2. Simple Carbohydrates: _____
3. Complex Carbohydrates: _____
4. Fiber: _____
5. Soluble Fiber: _____
6. Insoluble Fiber: _____

Proteins

1. Proteins: _____
2. Amino Acids: _____
3. Complete Proteins: _____
4. Incomplete Proteins: _____

Fats and Cholesterol

1. Fats: _____
2. Cholesterol: _____
3. Saturated Fats: _____
4. Monosaturated Fats: _____
5. Polyunsaturated Fats: _____
6. Hydrogenation: _____

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Nutrition Basics, continued

Vitamins

1. Vitamins: _____

2. Water-Soluble Vitamins: _____

3. Fat-Soluble Vitamins: _____

Minerals

1. Minerals: _____

2. Major Minerals: _____

3. Trace Minerals: _____

Water

1. _____

2. _____

3. _____

4. _____

Food Additives

1. Additives: _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

Meal Planning Guidelines

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Government Guidelines

1. _____
2. _____
3. _____
4. _____

Meeting Dietary Needs

1. Influenced by:
 - a) _____
 - b) _____
 - c) _____
 - d) _____
2. Pregnant Women: _____
3. Infants: _____
4. Children: _____
5. Teenagers: _____
6. Elderly People: _____
7. Physical Activity: _____
8. Lifestyle: _____
9. Health: _____
10. Phytochemicals: _____

Keep Food Nutritious

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Preventing Nutrient Loss

1. _____

2. Time: _____
3. Water: _____
4. Cooking: _____

Healthful Cooking Techniques

1. _____
2. _____
3. _____
4. _____
5. _____

Storage

1. Temperature: _____
2. Holding: _____
3. Batching: _____

Using Fats and Oils

1. As a nutrient: _____
2. As a food: _____

Reducing Fat

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____