

Preparing for Life and Career © 2013

Chapter 16: Nutrition and You

Tools:

- Printer
 - 8.5" x 11" paper
 - Scissors
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Directions:

1. Print
 2. Fold paper in half vertically
 3. Cut along dashed lines
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anorexia nervosa

An eating disorder that causes people to starve themselves.

- FOLD -

01 of 30 E-Flash Cards



basal metabolism

The energy used to support the basic functions that keep you alive.

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02 of 30 E-Flash Cards



binge-eating disorder

Type of eating disorder that involves repeatedly eating great amounts of food and feeling powerless to stop.

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03 of 30 E-Flash Cards



body composition

The proportion of body fat to lean mass in your body.

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04 of 30 E-Flash Cards

bulimia nervosa

Type of eating disorder that involves uncontrollable urges to eat large amounts of food followed by behavior to avoid weight gain, including forced vomiting.

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05 of 30 E-Flash Cards



calories

Units of energy of body fuel provided by carbohydrates, fats, and proteins in food.

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06 of 30 E-Flash Cards



carbohydrates

The body's main source of energy.

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07 of 30 E-Flash Cards



deficiency

A shortage.

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08 of 30 E-Flash Cards

diabetes

A disease that limits or prevents the body's ability to properly use energy from food.

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09 of 30 E-Flash Cards



diet

All the foods you regularly eat and drink.

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10 of 30 E-Flash Cards



Dietary Guidelines for Americans

A publication by the United States Departments of Agriculture and Health and Human Services that serves as a basis for many nutrition programs and sources of information in the United States.

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Dietary Reference Intakes (DRIs)

A set of dietary standards for the United States that recommend how much of each nutrient is needed in the diet.

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diETING

Restricting your food intake.

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13 of 30 E-Flash Cards



eating disorder

An illness that results in abnormal eating patterns which can be life threatening.

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14 of 30 E-Flash Cards



energy balance

When calories taken in (from food) equal calories used (for physical activity, digestion, and basic functions).

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15 of 30 E-Flash Cards



fad diets

Unsafe diet plans that promise quick weight loss in a very short period of time.

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16 of 30 E-Flash Cards

fasting

A form of fad dieting that requires going without food for a certain amount of time.

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17 of 30 E-Flash Cards



fats

Concentrated sources of energy found in both animal and plant foods.

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18 of 30 E-Flash Cards



food allergy

When a food protein you have eaten triggers a response by your body's immune system.

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19 of 30 E-Flash Cards



food intolerance

A reaction to food that is unpleasant, but not the result of an immune response.

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20 of 30 E-Flash Cards

fortify

When certain vitamins or other nutrients are added into food.

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21 of 30 E-Flash Cards



malnutrition

When a person's diet lacks needed nutrients over a period of time. This can be caused by not eating the right amount or selection of foods.

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22 of 30 E-Flash Cards



minerals

Type of nutrient needed for a healthy body.

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23 of 30 E-Flash Cards



MyPlate

A food guidance system created by the United States Department of Agriculture (USDA) to help people apply the messages from the *Dietary Guidelines* to their daily life.

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24 of 30 E-Flash Cards

nutrient dense

Foods and beverages that provide vitamins, minerals, and other substances that may have positive health effects with relatively few calories.

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25 of 30 E-Flash Cards



nutrients

The substances in food that are used by your body to grow and function properly.

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26 of 30 E-Flash Cards



nutrition

The study of how your body processes and uses the foods you eat and drink.

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27 of 30 E-Flash Cards



protein

A nutrient needed for growth, maintenance, and repair of tissues.

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28 of 30 E-Flash Cards

vegetarianism

An eating pattern that excludes some or all animal products.

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29 of 30 E-Flash Cards



vitamins

Substances needed by the body for growth and maintenance.

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30 of 30 E-Flash Cards



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