

# ***Adventures in Food and Nutrition! © 2012***

## ***Chapter 2: Nutrients: The Building Blocks of Health***

### **Tools:**

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

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1. Print
  2. Fold paper in half vertically
  3. Cut along dashed lines
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The building blocks of proteins.

amino acids

01 of 38 E-Flash Cards

- FOLD -



Substances that protect the cells  
from damage that can be caused by  
oxygen.

antioxidants

02 of 38 E-Flash Cards

- FOLD -



A nutrient needed to build bones and  
teeth, transmit nerve signals, and  
contract muscles.

calcium

03 of 38 E-Flash Cards

- FOLD -



A measure of the energy value of  
food.

calorie

04 of 38 E-Flash Cards

- FOLD -

carbohydrate

A nutrient that provides energy. It is found in every food of plant origin. Sugars, starch, and fiber are types of carbohydrates.

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05 of 38 E-Flash Cards



cholesterol

A fatlike substance that occurs naturally in the body.

- FOLD -

06 of 38 E-Flash Cards



complete protein

Food of animal origin that contains all the amino acids needed by the body.

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07 of 38 E-Flash Cards



Dietary Reference Intakes  
(DRIs)

A set of guidelines for the amounts of many nutrients needed each day.

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08 of 38 E-Flash Cards

dietitian

A nutrition expert.

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09 of 38 E-Flash Cards



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fat

A nutrient used to supply calories to the body.

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fat-soluble vitamin

Vitamin that dissolves in fat.

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folic acid

Sometimes called *folate*, this B-vitamin is used to build strong, healthy blood and is needed to fight infections. This vitamin also helps prevent brain and spine birth defects.

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12 of 38 E-Flash Cards

free radicals

A form of oxygen created when the body burns calories.

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13 of 38 E-Flash Cards



functional foods

Foods rich in phytochemicals.

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14 of 38 E-Flash Cards



gram

A measure of weight.

- FOLD -

15 of 38 E-Flash Cards



hydrogenation

The process that turns an unsaturated fat into a saturated one.

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16 of 38 E-Flash Cards

incomplete protein

Food of plant origin that contains most, but not all, of the amino acids needed by the body.

- FOLD -

17 of 38 E-Flash Cards



iron

A nutrient found in red blood cells. Its job is to carry oxygen to body cells and remove carbon dioxide.

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18 of 38 E-Flash Cards



iron deficiency anemia

A common disease caused by a low intake of iron.

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19 of 38 E-Flash Cards



mineral

Inorganic substance that is needed for function, growth, and repair of the body.

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20 of 38 E-Flash Cards

neural tube defects

Brain and spine birth defects.

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21 of 38 E-Flash Cards



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nutrient supplement

Product used to add nutrients to the diets of people who are sick, injured, or known to have a nutrient deficiency.

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omega-3 fats

A type of unsaturated fat that provides many important health benefits.

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osteoporosis

A disease resulting from a lack of calcium in the diet that causes bones to wear away, become brittle, and break easily.

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24 of 38 E-Flash Cards

phytochemicals

Compounds that work together with vitamins, minerals, and fiber to promote good health.

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25 of 38 E-Flash Cards



protein

A type of nutrient needed for growth and repair of the body. Proteins are made of amino acids.

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26 of 38 E-Flash Cards



saturated fat

A type of fat that causes the level of cholesterol in the blood to rise higher than normal.

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27 of 38 E-Flash Cards



sodium

A mineral that performs many vital functions, such as maintaining the body's water balance, helping muscles relax, and helping nerves transmit messages to the brain.

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28 of 38 E-Flash Cards



spina bifida

A condition in which the spine did not close normally during fetal development.

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29 of 38 E-Flash Cards



starch

A type of carbohydrate stored in plants. It must be broken down by the body before it can be used as an energy source.

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30 of 38 E-Flash Cards



sugar

A type of carbohydrate that furnishes calories but no other nutrient. It is used by the body as an energy source.

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31 of 38 E-Flash Cards



*trans* fat

The type of saturated fat formed by hydrogenation.

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32 of 38 E-Flash Cards

unsaturated fat

A type of fat that does not cause  
blood cholesterol levels to rise.

- FOLD -

33 of 38 E-Flash Cards



upper limit of safety

The highest level of vitamins and  
minerals you can safely take.

- FOLD -

34 of 38 E-Flash Cards



vitamin

An organic substance needed by the  
body for function, growth, and repair.

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35 of 38 E-Flash Cards



vitamin C

A vitamin that helps the body heal  
wounds and keeps gums healthy.

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water-soluble vitamin

Vitamin that dissolves in water.

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37 of 38 E-Flash Cards



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A mineral needed for normal body  
growth and repair.

zinc

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