

NUTRITION WORKSHEET

Name: _____

Class Period: _____

1. Fill in the definition for the following terms:

Calorie:

Basal Metabolism:

2. Calculate your basal metabolic rate by converting your weight in pounds to kilograms and then multiply by 24 hours.

Step 1: _____ weight in pounds / 2.2 = _____ weight (kg)

Step 2: _____ weight (kg) x 24(hrs) = _____ daily calories

3. Calculate your daily caloric needs by choosing your appropriate activity level and multiplying the corresponding number with your body weight.

_____ calories x _____ weight in pounds = _____ daily calories

4. List the function of each essential nutrient, give examples of food sources for that nutrient and list their Recommended Daily Allowances (RDA).

Nutrient	Function	Food Sources	RDA
Carbohydrates			
Fats			
Proteins			

5. What is the difference between a simple carbohydrate and a complex carbohydrate?

6. What is the difference between saturated and unsaturated fats and where can you find them?

7. What is an essential amino acid?

8. Calculate your body's daily protein requirement by dividing your body weight by 2.

_____ body weight / 2 = _____ grams of protein

9. What is the function of cholesterol?

10. What is the difference between HDL and LDL?

11. Your body needs vitamins to work properly. They aid in utilization and absorption of nutrients. List the function of each vitamin and give examples of food sources for that vitamin.

Vitamin	Function	Food Sources
Vitamin A		
Vitamin B		
Vitamin C		
Vitamin D		
Vitamin E		
Vitamin K		

12. What is the difference between a water-soluble and fat -soluble vitamin?

13. Which vitamins are fat-soluble?

14. Minerals are necessary to perform many body functions. Each mineral is needed in very small amounts or serious deficiencies and diseases may occur. List the function of each mineral and give examples of food sources for that mineral.

Mineral	Function	Food Sources
Calcium		
Phosphorus		
Iron		
Iodine		
Potassium		
Sodium		
Zinc		
Magnesium		

15. Why is water an essential nutrient?