

Section 1: Nutrients and Homeostasis

Study Guide B

KEY CONCEPT

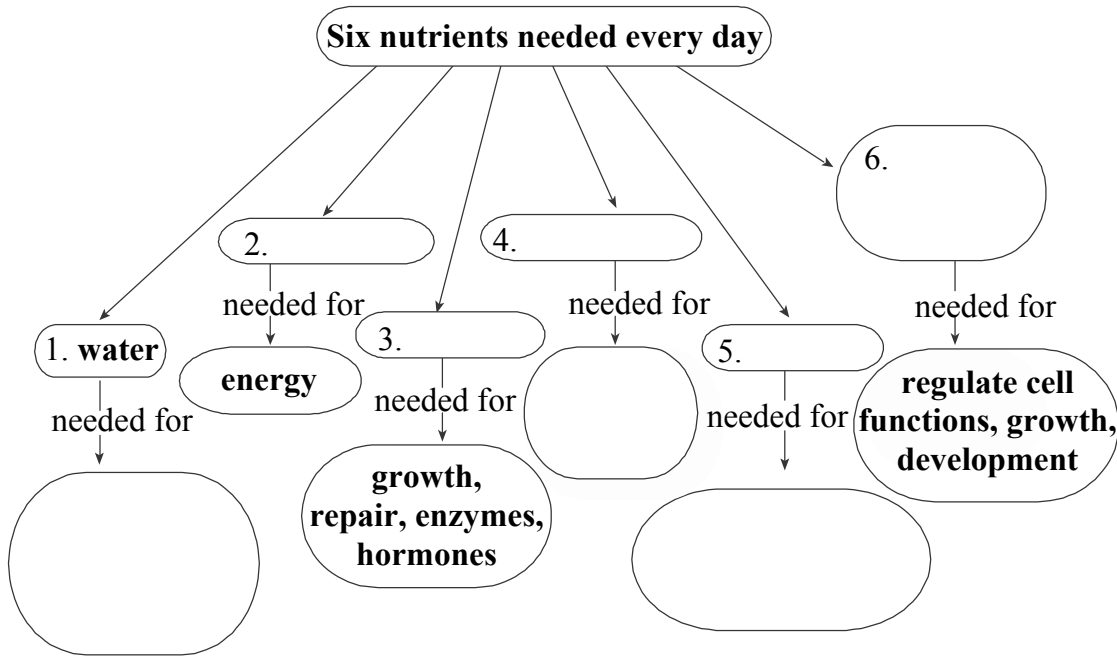
Cells require many different nutrients.

VOCABULARY

mineral	Calorie
vitamin	

MAIN IDEA: Six types of nutrients help to maintain homeostasis.

Fill in the concept map to summarize what you know about the six nutrients.



7. Many dietary experts recommend drinking about 8 glasses of water a day. Why do you need this much fluid to maintain homeostasis?

8. Explain why vegans, who eat no animal products, might have difficulty obtaining all 8 essential amino acids from their diet.

9. What is the difference between saturated and unsaturated fats?

10. Which of the six nutrients supply the body with energy?

MAIN IDEA: Meeting nutritional needs supports good health.

11. Why is eating a balanced diet particularly important during pre-teen and teen years?

12. Why do most dietary experts recommend that you obtain most of your Calories from whole grains, vegetables, and fruits?

13. You are checking the number of Calories, and Calories from fat, on a food label. What other information do you need to know to get accurate Calorie counts?

14. How can the information on a food label help you make good eating choices?

Vocabulary Check

15. The words *calorie* and *Calorie* both refer to a unit of energy. What is the difference in meaning between these two words?

16. The Latin term *vita* means “life.” How does this meaning relate to the function of vitamins?
