

Using the words provided, place them under each food term column they belong to. Some words will belong to more than one column.

Word Bank		Protein	Carbohydrates	Fats (Lipids)
1. Amino Acids	23. Meats	Amino Acid	Breads	Calorie
2. Breads	24. Muscle	Calorie	Calorie	Carbon
3. Calories	25. Nitrogen	Carbon	Carbon	Cell membrane
4. Carbon	26. Oils	Cell Membrane	Fast Energy	Lasting Energy
5. Cell Membrane	27. Peanut Butter	Lasting Energy	Energy	Energy
6. Longer lasting energy	28. Photosynthesis	Energy	Fiber	Insoluble
7. Fast energy	29. Soft Drinks	Meats	Fruit	Insulation
8. Energy	30. Sugars	Muscle	PB	Oils
9. Fiber	31. Cardiovascular Disease	Nitrogen	Photosynthesis	PB
10. Fruits	32. Obesity	PB	Soft Drink	Heart Disease
11. Insoluble	33. Starch		Sugar	Obesity
12. Insulation			Obesity	
			Starch	

1. A diet high in fats has been linked to cardiovascular disease and obesity. Which type of fat is most harmful to the human body?

~~Transmade~~ Trans Fat

2. Which food types provides the quickest energy that can be used by the body when consumed?

Sugar (simple carbs)

3. What likely contributes to heart disease?

diet high in lipids

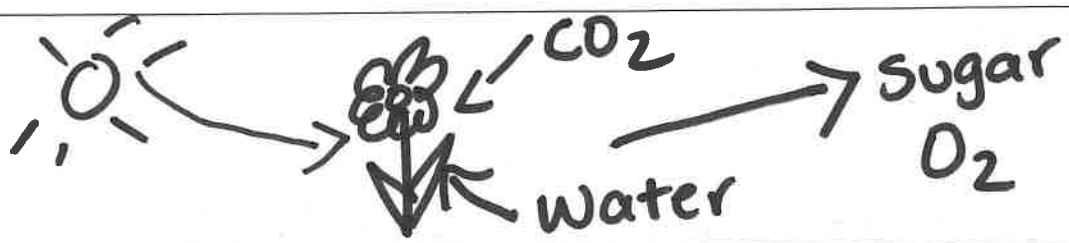
4. Name four activities that can most effectively increase energy levels, increase respiration, and burn calories:

1. running	2. biking
3. burpees	4. hiking-rowing.

5. What are the three types of carbohydrates?

fiber, starch, sugar

7. What are the key components that plants, and sunlight provide? ( draw, label and name the process)



8. Explain the relationship between digestion and respiration?

digestion - breaks down food

respiration - food → energy

9. Name the pros and cons of fat in our diet:

Pros	Cons
insulation	heart disease
makes up cell membrane	Obesity
Stored energy	clogged arteries

10. When an organism oxidizes food (digestion and respiration process), some of the energy is "lost". Which best explains this "loss" of energy?

thermal energy

11. What food substance contains nitrogen and is obtained by animals from the food they ingest?

Protein

12. Why is maintaining a high body mass index as lifestyle choices unhealthy?

obesity, disease, organ stress  
joint problems

13. Which food group is most beneficial to the digestive system?

Carbs → Fiber

14. What contributes most to obesity when consumed in excess?

diet high in lipids

17. Why is protein most likely to promote the growth of animals?

repairs/builds muscles

18. What organisms contain chloroplasts to help with food production? AND What is the process called?

Plant

19. Why would a calcium-fortified juice be advertise that it is good for growing children?

calcium builds bones

20. Human cells need energy to survive. From which source does all energy originally come?

SUN

21. Jessica does not usually exercise, but decides to begin a moderate exercise program. Which is most likely to occur in Jessica's body?

increased metabolism, fat loss

22. Discuss where animals, plants and fungus each get their nutrients from:

from food