Resource for Option #2

SIX ESSENTIAL NUTRIENTS KEY

Name _____ Period ____ Assign # ___Directions: Complete each section as they are discussed in class. Keep this worksheet in your notebook.

REVIEW:

MyPyramid: Steps to a Healthier You

Nutrients found in each group

Grains: carbohydrates, protein, B vitamins, minerals, fiber

Vegetables: vitamins & minerals, carbohydrates, fiber

Fruits: vitamins & minerals, carbohydrates, fiber

Milk: minerals (calcium), vitamins, protein, fat

Meat & Beans: protein, minerals, vitamins, fat

Fats, Oils, & Sugars: fat, carbohydrates

PART I - CARBOHYDRATES

A. TYPES - 1. Simple
   a. Sugar
2. Complex
   a. Starch
   b. Dietary Fiber

B. INFORMATION—Function and Food Sources:
Carbohydrates provide energy. They are found naturally in fruits, vegetables, grain products, etc. They are also provided in table sugar, honey, soft drinks. (See Background information)

PART II - VITAMINS

A. TYPES - 1. Fat-Soluble
   a. Vit. A
   b. Vit. D
   c. Vit. E
   d. Vit. K

2. Water-Soluble
   a. Vit. C
   b. Vit. B complex
      Thiamine, Niacin
      Riboflavin, B^6, B^{12}
      Folacin

B. INFORMATION—Function and Food Sources:
Vitamins assist the body in biochemical reactions to maintain life. They are found in almost all foods, but especially in fruits and vegetables.

PART III - MINERALS

A. TYPES - Macrominerals

a. Calcium
b. Phosphorus
c. Sodium
d. Potassium

Trace minerals

a. Iron
b. Zinc
c. Fluorine
d. Copper
e. Iodine
f. Etc.

B. INFORMATION—Function and Food Sources:

Minerals are sometimes chemical constituents of vitamins. They work hand-in-hand to become part of the body structure. They are found in most foods, but especially in fruits and vegetables. (See Background information)

PART IV - PROTEINS

A. TYPES - 1. Complete

a. Contains adequate amounts of all of the essential amino acids

2. Incomplete

a. Lacks some amino acids

B. INFORMATION—Function and Food Sources:

An important task of proteins is to build and repair body. They are found in animal products - meat, milk, eggs, as well as fish, nuts, legumes, soybeans and the germ of cereal grains. (See Background Information)

PART V - FATS

A. TYPES - Fatty Acids

a. Saturated
b. Polyunsaturated
c. Monounsaturated

2. Cholesterol

a. HDL
b. LDL

B. INFORMATION—Function and Food Sources:

Fats supply a concentrated source of energy as well as heat and storage material. They are found in both plant and animal sources in varying amounts. (See Background Information)

PART VI - WATER

A. TYPES

B. INFORMATION—Function and Food Sources:

Water is absolutely essential to life. It comes from nature. It is found in most foods as well as in liquid form.

PART VII - FIBER

A. TYPES - 1. Crude/Roughage

a. Residue

2. Dietary

a. Cellulose
b. Pectin
c. Hemicellulose

B. INFORMATION—Function and Food Sources:

Fiber is a non-nutrient substance found in plant food that is not digested. It is necessary for digestion and good bodily functions. It is found in fruits, vegetables, grains and other foods. (See Background Information)