

1. List the six basic nutrients:

- | | |
|----|----|
| a. | d. |
| b. | e. |
| c. | f. |

2. Which three nutrients provide energy?

-
-
-

3. Which nutrients are necessary, yet provide no calories?

-
-
-

4. Water facts: (write 3 facts on the following lines):

- _____
- _____
- _____

5. What does water do for the body? (write 3 facts on the following lines):

- _____
- _____
- _____

6. How much water should you drink?

7. There are 12 essential vitamins for humans:

- | | |
|----|----|
| a. | g. |
| b. | h. |
| c. | i. |
| d. | j. |
| e. | k. |
| f. | l. |

8. Carbohydrates are the _____ energy source for the human body.

9. All carbohydrates are made up of units of _____.

10. There are two types of Carbohydrates:

-
-

11. List three foods that are sources of complex carbohydrates:

-
-
-

12. List three sources of simple carbohydrates:

- a.
- b.
- c.

13. These are found in the food we eat. _____

14. Minerals fall into two main categories:

- a.
- b.

15. Major minerals are _____ in your body.

16. List the six major minerals:

- a.
- b.
- c.
- d.
- e.
- f.

17. What are trace minerals? _____

18. List 4 trace minerals:

- a.
- b.
- c.
- d.

Major Minerals Chart:

Mineral Type	Benefits	Sources	Quantity
19. Calcium			
20. Iron			
21. Magnesium			
22. Phosphorus			

23. Potassium			
24. Zinc			

25. Protein - list three facts about protein:

- a.
- b.
- c.

26. List four foods that protein is found in:

27. Fats - list three facts about fats:

- a.
- b.
- c.

28. List four food that fat is found in:

29. Saturated Fats:

- a.
- b.
- c.

30. Polyunsaturated Fats:

- a.
- b.
- c.

31. Monounsaturated Fats:

- a.
- b.

32. Hydrogenated fats/Trans Fatty Acid:

- a.
- b.
- c.

33. What food groups on MyPlate contain the bulk of vitamins?

34. What food groups on MyPlate contain the bulk of minerals?

35. What food groups on MyPlate contain the bulk of fats?

36. What food groups on MyPlate contain the bulk of protein?

37. Where can you find out more about MyPlate and good nutrition? _____

38. Draw and label MyPlate - include the food groups and the serving sizes based on a 2,000 calorie diet. Using colored pencils, color each section the correct color and list what nutrients are found in each group.