

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

# VIDEO WORKSHEET

## Review:

After watching *Nutrient Basics*, answer the following questions.

1. What are the six nutrients that are essential for life?

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2. How does the body use protein?

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3. Does eating lots of protein mean you will have more muscles? Why or why not?

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4. What is the function of carbohydrates in the body?

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5. What is the difference between simple and complex carbohydrates?

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6. What foods are good sources of complex carbohydrates?

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7. Why is fat important in your diet?

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8. What are some examples of heart-healthy types of fat?

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9. What do vitamins and minerals do in the body?

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10. What is the best way to get vitamins and minerals each day?

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11. Why is water an essential nutrient?

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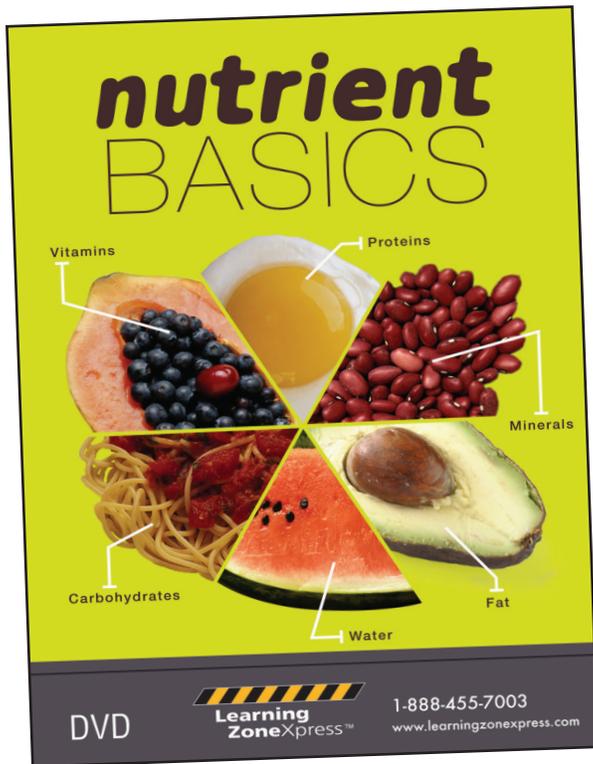
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12. How can you make drinking water fun?

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# ANSWER KEY

## Review:

After watching *Nutrient Basics*, answer the following questions.

1. What are the six nutrients that are essential for life?

***Carbohydrates, protein, fats, vitamins, minerals, and water***

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2. How does the body use protein?

***Protein can be used for growth and repair of muscles.***

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3. Does eating lots of protein mean you will have more muscles? Why or why not?

***Eating lots of protein doesn't mean that you will have lots of muscles. The only way to get muscles is to move and exercise. Using muscles is the only way to make them bigger. If you eat extra protein, it is either used as energy or stored as body fat.***

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4. What is the function of carbohydrates in the body?

***Carbohydrates are the primary source of energy for your brain and your body. Without carbohydrates, our bodies would feel sluggish and slowed down.***

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5. What is the difference between simple and complex carbohydrates?

***Simple carbohydrates are like sugar, such as an orange drink or soda. Complex carbohydrates have a lot more structure to them including vitamins and fiber, which take longer to break down.***

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6. What foods are good sources of complex carbohydrates?

***Whole grains like whole grain bread; fruits like raisins, kiwi, apples, and bananas; vegetables like carrots and sugar snap peas; and dairy (milk)***

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7. Why is fat important in your diet?

***Fat is important because it helps cushion our organs, to help keep us warm and insulated, to help us look good, to transport vitamins and hormones, and it's used as energy if we exercise more than 20 minutes.***

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8. What are some examples of heart-healthy types of fat?

***Monounsaturated fat and polyunsaturated fat are heart-healthy fats found in olives, avocados, nuts, seeds, canola and olive oil, and healthy butter substitute spreads.***

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9. What do vitamins and minerals do in the body?

***Vitamins and minerals help protect the body against illness and fight off disease.***

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10. What is the best way to get vitamins and minerals each day?

***The best way to get vitamins and minerals each day is to eat a variety of fruits, vegetables, and whole grains in different colors. Each color provides different phytochemicals, which are plant compounds that help fight off disease.***

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11. Why is water an essential nutrient?

***Water helps keep us hydrated, keeps our skin looking good, it transports the other five nutrients, helps to regulate body temperature, and eliminate waste.***

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12. How can you make drinking water fun?

***Try adding thin slices of fruit like oranges or cucumber to water. Freeze fruits into ice cubes for extra flavor and flare.***

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