

Chapters 7/8 Study Guide

Malnutrition – definition and types

Six classes of nutrients

Energy – definition and sources (calories per gram)

Two ways humans store extra calories

Carbohydrates – 3 types, % of calories in diet

Fats – 4 types, % of calories in diet

Protein – essential amino acids, dangers of lack of protein

Vitamins/Minerals – sources and functions

Dangers of being underweight/overweight

Body composition

Energy balance

Three categories of energy expenditure

Difference between weight loss and fat loss

Dangerous ways to lose weight

Hunger vs. appetite

Best way to lose weight =

Eating Disorders – Definition, symptoms, warning signs, and why teens are at risk

Reasons why we eat

Nutrition labels – know how to read and use them