

NAME _____

HOUR _____

CHAPTER 5 TEST REVIEW

1. Enjoying a wide variety of healthful foods is an important part of good _____.

2. Good nutrition enhances your quality of _____ and helps prevent _____.

3. Units of heat that measure the energy used by the body and the energy that food supply to the body are known as _____.

4. Making healthy food choices will provide your body with the _____ it needs to help you look your best and _____ at your peak.

5. What is the difference between appetite and hunger?

6. Using _____ to relieve tension or _____ can result in overeating and unhealthy _____.

7. 3 factors that influence food choices.

- 1 _____
- 2 _____
- 3 _____

8. A healthful and balanced eating plan helps prevent unhealthy _____, _____, and _____.

9. _____ are the starches and sugars present in foods.

10. _____ are sugars, such as fructose and lactose and _____, or starches, are found in whole grains, seeds, nuts, and legumes.

11. Glucose that your body does not use right away is stored in the _____.

12. Fiber is an _____ complex carbohydrate that is found in tough, stringy parts of _____, _____ and _____.

13. _____ are nutrients that help build and maintain body cells and tissues. They are made of long chains of substances called _____.

14. What is the difference between complete proteins and incomplete proteins?

15. A _____ is a fatty substance that does not dissolve in water.

16. _____ fatty acids are usually solid at room temperature.
_____ fatty acids are usually liquids at room temperature.

17. Vitamins are _____ that help regulate many vital body processes, including _____, _____, and _____ of other nutrients.

18. _____ are substances that the body can't manufacture but are needed for forming healthy bones and teeth.

19. What are four important minerals to the body?

- 1 _____
- 2 _____
- 3 _____
- 4 _____

20. Water is vital to every _____.

21. Three keys to a healthy life style are:

- 1 _____
- 2 _____
- 3 _____

22. The five groups in the food pyramid are:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

23. _____ are substances intentionally added to food to produce a desired effect. They may be used to enhance a food's _____ or _____ or lengthen its storage life.

24. Food labels may state the potential _____ of a food.

25. A _____ is a condition in which the body's immune system reacts to substances in some foods.

26. Allergies that are most common include:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

27. A _____ is a negative reaction to a food or part of food caused by a metabolic problem, such as the inability to digest parts of certain foods or food components.

28. Foodborne illness may result from eating foods contaminated with _____, the _____ they produce, or poisonous _____.

29. The best way to protect yourself from foodborne illnesses is to become _____ about the causes of such illnesses and ways to keep food _____.

30. To help keep food safe to eat, practice these things:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

31. Diet is everything you _____ and _____.

32. _____ is the process of treating a substance with heat to destroy or slow the growth of pathogens.