



Nutrition WU

#1- K, W, L Chart

0 What do you already know about nutrition?

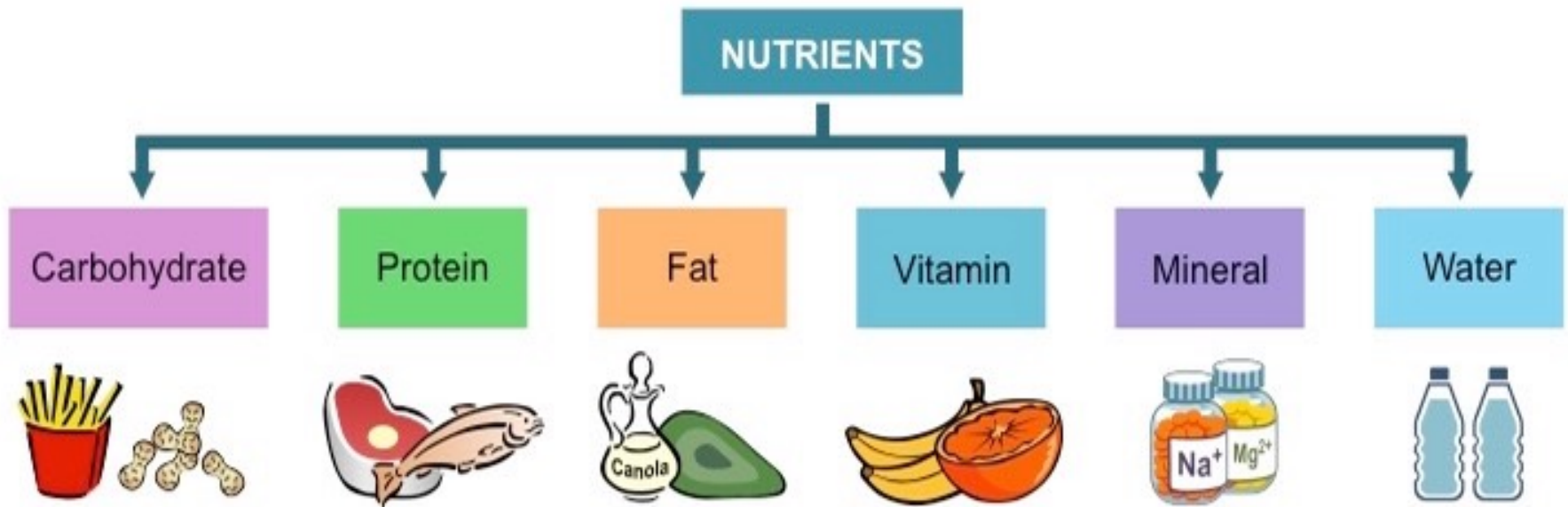
0 What do you want to know about nutrition?



0 Exit Slip- What did you learn today about nutrition?

Warm-Up #2

- 0 List the 6 nutrients our bodies need each day.
- 0 How much water should we consume each day?
- 0 Which nutrients supply NO calories?



Warm-Up #2- ANSWER

0 **List the 6 nutrients our bodies need each day.**

Carbohydrates, Proteins, Fats, Vitamins, Minerals & Water

How much water do we need each day? $\frac{1}{2}$ your body weight in ounces per day!

0 **Which nutrients supply NO calories?**

0 Water, Vitamins & Minerals

0 **Carbohydrates and Proteins** give us **4 calories per gram** where **fats** supply us with **9 calories per gram.**

WU #3

- 0 What type of nutrient is FIBER?
- 0 Define Fiber
- 0 What are some of the benefits of fiber?
- 0 How much fiber should we eat each day?
- 0 Good Sources Include...



WU #3 ANSWER

- 0 What type of nutrient is FIBER? **CARBOHYDRATE**
- 0 Define Fiber- **tough complex carb. the body is unable to digest.**
- 0 What are some of the benefits of fiber?
 - 0 **Lowers cholesterol**
 - 0 **balances glucose (sugar)**
 - 0 **adds bulk to stool (sweeps food & bacteria out)**
 - 0 **can help prevent overeating because it helps us feel full.**
- 0 How much fiber should we eat each day? **25-30 grams**
- 0 Good Sources Include... **Fruits, Nuts, Veggies, Bran, Whole Grains, Popcorn**

Warm-Up #4

- 0 What is the difference between water-soluble and fat-soluble vitamins?
- 0 Which vitamins are fat-soluble?



Warm-Up #4 ANSWERS

0 What is the difference between water-soluble and fat-soluble vitamins?

Water- have to replace daily, what you don't need we eliminate through waste.

Fat-Stored in our fat cells and readily available.

0 Which vitamins are fat-soluble?

A,D,E,K

