**Nutrient Practice Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_ Per:\_\_\_**

The blanks indicate the number of correct answers you need to fill in from the letter choices on the right.

|  |  |
| --- | --- |
| 1. Important for regulating body temperature [\_\_] [\_\_]
2. A polymer, made of a long chain of monomers [\_\_] [\_\_] [\_\_] [\_\_]
3. An “organic” molecule (in chemistry, “organic” means it is includes carbon, hydrogen, and oxygen) [\_\_] [\_\_] [\_\_] [\_\_] [\_\_] [\_\_] [\_\_]
4. Can provide or store energy [\_\_] [\_\_] [\_\_] [\_\_]
5. Important for a variety of different functions all over the body [\_\_] [\_\_] [\_\_]
6. A member of the “carbohydrate” group [\_\_] [\_\_] [\_\_]
7. Important for regulating fluid and salt balance in the body [\_\_] [\_\_]
8. Stores the instructions for making proteins [\_\_]
 | 1. Water
2. Nucleic Acids
3. Simple Sugar
4. Complex Carbohydrates
5. Fiber
6. Fat
7. Protein
8. Vitamins
9. Minerals
 |

|  |  |
| --- | --- |
| 1. Lowers your risk of having heart disease [\_\_] [\_\_]
2. Increases your risk of having heart disease [\_\_]
3. Most commonly found in animal products [\_\_] [\_\_]
4. Most commonly found in plant products [\_\_] [\_\_] [\_\_]
5. Cleans your intestines [\_\_]
 | 1. Fiber
2. Saturated Fat
3. Unsaturated Fat
4. Complete protein
5. Incomplete protein
 |

**N-2: Nutrition mini-poster (+7-16\* extra credit points) 🡨 Due** any time up to **11/7-8/17** (latest)

* *See back side for specifics*
* Use white, 8.5” x 11” paper, Color is required! Please do not use regular pencil, as it is hard to see.
* Both text and visuals are required! Pictures can be drawn, cut/glued, printed, etc.
* \*You get 7 points for the first poster and -2 for each thereafter (5 pts., 3 pts., and 1 pt.)

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**Nutrient Practice – answer key (this is on the class website)**

|  |  |
| --- | --- |
| 1. Important for regulating body temperature (2) **a, f**

Homeostasis uses water to regulate body temperature.Fat keeps you warm.1. A polymer, made of a long chain of monomers (4) **b, d, e, g**

DNA is made of nucleotides.Complex carbs (starch, glycogen, cellulose) are made of glucose molecules.Fiber = cellulose, made of glucose.Proteins are made of amino acids.1. An “organic” molecule (in chemistry, “organic” means it is includes carbon, hydrogen, and oxygen) (7) **b, c, d, e, f, g, h**

Carbs, Fats, and Vitamins are made of C, H, and OProteins are made of C, H, O, and NitrogenNucleic Acids are made of C, H, O, N, and PhosphorousWater = H2O (no carbon)Minerals are elements like sodium (Na), chloride (Cl), or calcium (Ca)1. Can provide or store energy (4) **c, d, f, g**

Glucose = energy nowComplex Carbs (Starch/Glycogen) = short term energy storage \*note: fiber can’t be digested, so we can’t get energy from itFat = long term energy storageProteins (excess not used for growth/repair) = extra energy1. Important for a wide variety of different functions all over the body (3) **g, h, i**

Proteins, vitamins, minerals1. A member of the “carbohydrate” group (3) **c, d, e**

Glucose is a sugar (monomer), complex carbs (including cellulose, which is fiber) are made of glucose molecules strung together in chains (polymers)1. Important for regulating fluid and salt balance in the body (2) **a, i** Water, sodium
2. Stores the instructions for making proteins (1) **b** DNA
 | 1. Water
2. Nucleic Acids
3. Simple Sugar
4. Complex Carbohydrates
5. Fiber
6. Fat
7. Protein
8. Vitamins
9. Minerals
 |

|  |  |
| --- | --- |
| 1. Lowers your risk of having heart disease (2) **j, l**

Cholesterol builds up in blood vessels and blocks blood flow, causing heart diseaseFiber traps cholesterol from animal fats, plant oils don’t have cholesterol1. Increases your risk of having heart disease (1) **k**

Animal fats have cholesterol1. Most commonly found in animal products (2) **k, m**

Saturated fats, complete proteins (animals need the same amino acids as humans)1. Most commonly found in plant products (3) **j, l, n**

Fiber = cellulose, unsaturated fat (plant oils), incomplete proteins (plants don’t need all of the same amino acids animals need, so they don’t always have them all)1. Cleans your intestines (1) **j**

Fiber (undigested plant cell walls) isn’t absorbed into the blood stream, so it continues to move through your digestive tract. | 1. Fiber
2. Saturated Fat
3. Unsaturated Fat
4. Complete protein
5. Incomplete protein
 |