

Name_____

Health Study Guide

Chapter B-4

Test Date_____

1. Nutrients your body uses to repair cells and grow are proteins.
2. A person who cannot digest lactose has a food intolerance.
3. Two kinds of food additives are vitamins and preservatives.
4. When seated at a table, you should place your napkin across your lap.
5. The best way to keep vitamins and minerals in foods is to store meats, fruits, and vegetables at cool or cold temperatures.
6. According to the Food Guide Pyramid, foods you should eat sparingly are Fats, Oils, and Sweets.
7. Adding salt to food as you prepare it, is not suggested by the Dietary Guidelines.
8. Body Image is the feeling you have about the way your body looks.
9. The Dietary Guidelines are suggested goals for eating to help you live a long, healthy life.
10. A nutrient is a substance in food that your body uses to keep you healthy.
11. A foodborne illness is a sickness caused by eating food or drinking beverages that contain harmful germs.
12. A calorie is a unit used to measure the energy produced by food and used by the body.
13. A food group is made up of foods that contain the same types of nutrients.
14. The Food Guide Pyramid is a guide for how many servings you should eat from each food group each day.
15. A balanced diet is a daily eating plan that includes the correct number of servings from each food group.
16. Using table manners results in eating in a safe and polite way.
17. Weight that is right for your age and size is healthful weight.