

Nutrition Unit

Refer to pages 4-5.

Name the six basic nutrients.

Carbohydrates

Vitamins

Minerals

Protein

Fat

Water

Water

Water is an essential nutrient.

It makes up most of your body weight, and you could not survive long without it.

It helps regulate body functions and carry nutrients to your cells.

Perspiration helps maintain normal body temperature.



Water



How much water do you need in a day?

Drink EIGHT 8 ounce glasses of water each day!



contain cholesterol. If too many animal foods are ingested, the cholesterol can build up in the arteries. This prevents oxygen and blood from reaching the heart. As a result, a person could suffer from a heart attack, stroke, or high blood pressure.

Water (pages 374-375)

Functions: helps regulate body functions, carry other nutrients to your cells, and carries waste from your body. Does water provide the body with calories /energy? NO

1. How many glasses of water does the average person need each day?

8-12 glasses

Additional water is needed when you exercise or perspire a lot.

2. Name four foods that have a high water content.

- grapes
- oranges
- Cucumber
- apples

3. The lack of water is known as

dehydration.



Water



What happens if you don't get enough water?

Dehydration!



Vitamins and Minerals (pages 372-374)

Functions: Micronutrients that are needed in very minute amounts. They are needed for normal body function. Do vitamins and minerals provide the body with calories/energy? NO

1. Can one vitamin be substituted for another vitamin? Why or why not?

NO. Vitamins have very specific roles and one cannot substitute for another

2. What is the best way to ensure that you get all the necessary vitamins each day?

The best way to ensure that you get all the necessary vitamins is to eat an assortment of healthful foods.

Water Soluble Vitamins

Fat Soluble Vitamins

Are extra stored or eliminated? Eliminated

Are extra stored or eliminated? Stored

Vitamin C helps heal wounds, and maintain healthy bones, teeth, and blood.

Found in these 2 foods:

Citrus Fruits (oranges, grapefruit)

B Complex Vitamins help the body use fats, carbohydrates, and proteins; aids in nervous system, muscle and tissue health.

Found in these 2 foods:

Eggs, milk, meat

Vitamin D helps the body use calcium, and builds strong teeth and bones.

Found in these 2 foods:

Egg Yolks, salmon, fortified milk

Vitamin A helps keep skin and hair healthy; aids in night vision.

Found in these 2 foods:

Dark green leafy vegetables, spinach, kale

3. Why is calcium such an important mineral for teens?

Citrus Fruits
(Oranges, grapefruit)

Found in these 2 foods:

Eggs, milk,
meat

Egg Yolks, salmon,
fortified milk

leafy vegetables,
spinach, kale

3. Why is calcium such an important mineral for teens?

Calcium is an important mineral for teens because
it helps teens develop strong bones and teeth. *
Stored as teens for later use.

4. What disease is associated with weak and brittle bones, and usually impacts people later on in life?

Osteoporosis

5. Name three non-dairy foods are high in calcium.

Dark green vegetables Dry beans

Peas

6. Iron is needed for healthy blood and it helps red blood cells carry oxygen to your cells. If you lack this mineral, you may develop anemia. It can make you feel tired and weak.

Why are **vitamins** and **minerals** important?

- Vitamins and minerals perform very important jobs in the body.



- Vitamins and minerals are micronutrients.
- They are needed in very small amounts.

Vitamins

- Vitamins help with many of your body's processes.
- Each vitamin's role is very specific. One can not be substituted for another.
- They trigger many of your body processes. They function like spark plugs in an engine by setting off chemical reactions in your body's cells.
- Eating a variety of foods, especially fruits and vegetables, helps ensure our body gets the vitamins it needs.



What are the two categories of vitamins?

Water-Soluble Vitamins

- Vitamin C and the B vitamins dissolve out of the body and pass out as waste.
- You need a frequent supply of these vitamins because your body can't store them.
- Make sure you drink water when you eat foods that contain water-soluble vitamins. Water cleanses your body, as well as helps dissolve vitamins.



What jobs do **water-soluble** vitamins do in the body?

- Vitamin C helps our immune systems stay strong and is needed for strong teeth and bones.



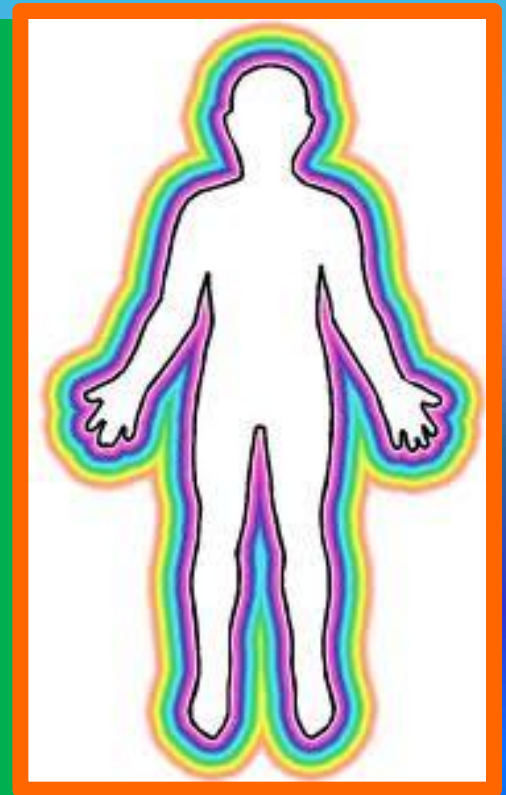
- B Vitamins help the body use carbohydrates, fats, and proteins. They also help our nervous system, muscles and tissues stay healthy.



What are the two categories of vitamins?

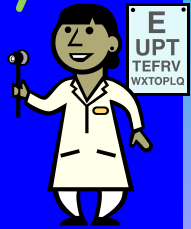
Fat-Soluble Vitamins

- Vitamins A, D, E, K are absorbed with the help of fats.
- Your body can store fat-soluble vitamins.
- Too much of these vitamins can be harmful.

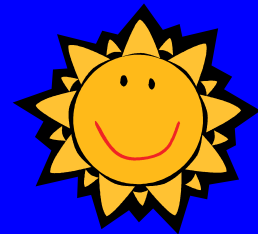


What jobs do **fat-soluble** vitamins do in the body?

- Vitamins A is needed for healthy eyes, hair and skin.



- Vitamin D helps the body use calcium. It is also known as the sunshine vitamin.



Why are Minerals Important?

- Minerals are essential part of your bones, teeth, and internal organs.
- Your body needs at least 16 different minerals to work efficiently.
- Only needed in trace or small amounts.
- Eating a variety of foods will ensure you get enough minerals that your body needs.



What is Calcium?

- Calcium is important for teens!!!!
- Helps develop strong bones and teeth.
- Most of the body's calcium is stored in you bones.
- Calcium is found in dairy products, dark green leafy vegetables, and dry beans and peas.



What is Iron?

- Iron is also an important mineral.
- It helps red blood cells carry oxygen to your cells.
- Anemia is a medical condition associated with not getting enough iron. Anemia can make you feel tired and weak.
- Iron rich foods include red meats, eggs, dark green leafy vegetables, and nuts.



What is Sodium?



- Our bodies need some sodium. Sodium helps with muscle and nerve action.
- Sodium is a mineral that is often over-consumed. Too much sodium can lead to hypertension or high blood pressure.
- Having hypertension can cause heart attacks, strokes, and other serious medical issues.





Super Foods



Turn to page 12 and Highlight!

ANTIOXIDANTS are compounds found in both plant and animal foods. Certain vitamins and minerals are antioxidants. Antioxidants protect cells from being damaged. Ex. Vitamins A, C, E

PHYTOCHEMICALS are plant chemicals that improve your immunity, prevent and fight diseases like cancer and heart disease. Phytochemicals can give fruits and vegetables their attractive color! Ex. lycopene, flavonoids

Super Foods



- What is a Super Food?

A Super Food is the newest name scientists, nutritionists, and doctors have tagged onto foods with an especially “good for you” reputation!

- Most Super Foods are in the fruits, vegetables, and nuts/seeds categories.
- They have extremely high nutritional values, and some of their chemicals have been found to reduce the effect of certain disease processes.

Super Foods

Super Foods Are High In Vitamins and Minerals!

