

Name: Answer

Group: _____

Nutrition Worksheet

1. Complete the following table:

Example	Nutrient	Function
Bread	Carbohydrate	Provides energy (short term)
Chicken	protein	3rd source growth / repair
Oil	fat	2nd source
Eggs	protein	3rd source of energy growth & repair
Pasta	carbohydrate	1st source of energy
Apple	carb / vit / mineral	1st source of energy
Tofu	protein	growth / repair 3rd source
Fish	protein	growth / repair 3rd source
Carrots	carb / min. / water	1st source of energy - regulate metabolism
Butter	fat	2nd source of energy
Water	water	Regulates metabolism Hydrates

allows chemical reactions to occur

2. A) Give the kJ content of the following foods.

a) Cookie: 22g of carbs = $22 \times 17 = 374 \text{ kJ}$ 3g of protein = $3 \times 17 = 51 \text{ kJ}$ 17g of fat = $17 \times 37 = 629 \text{ kJ}$

b) Chicken: 0g of carbs = $0 \times 17 = 0$ 36g of protein = $36 \times 17 = 612 \text{ kJ}$ 15g of fat = $15 \times 37 = 555 \text{ kJ}$

B) What is the function of each food? (look at the kJ content to answer the question).

cookie - fat (2nd source of energy)
chicken - protein (growth / repair)

3. The table below is a representation of the average daily requirements during adolescence. Complete the information.

	Grams needed/day	Multiply by	kJ needed/day
Carbs.	340g	17	5780
Fat	85g	37	3145
Protein	93g	17	1581

4. An average teenager needs about 10 500 kJ of energy per day. Name at least three factors that will increase or decrease the amount of total kJ needed per day.

- * if the teenager does a lot of physical activity
- * gender
- * weight
- * menstrual cycle
- * general health

6. Explain why a diet that is high in carbohydrates, fat and protein may likely cause a person to be overweight. Consuming too many calories & energy intake is higher than energy burned.

7. Bobby pulled a muscle while skateboarding. Which nutrient should he eat more of and why?

Protein for growth & repair.

8. Nutrients are used to meet the various needs of our body.

A) What two nutrients are our bodies' main sources of energy?

Carbs & fats

B) What nutrient is especially useful for building and repairing the body's tissue, but can also be a source of energy?

Protein

C) What three nutrients have several functions in the body, but are not used as energy sources?

Vitamins
minerals
water

9. When will fat be used to provide energy?

when all carbohydrates for energy have been used!