

Chapter 10 Nutrition Learning Targets

Section 1

I can define the following terms:

Nutrition, nutrients, calorie, hunger, appetite

I can identify what factors influence my food choices.

Section 2

I can define the following terms and the function each nutrient plays in my overall health.

Carbohydrates, fiber, proteins, cholesterol, vitamins, minerals

I can identify three types of nutrients that provide energy.

I can explain the importance of including vitamins, minerals, and water in my daily diet.

Section 3

I can access and analyze information about my daily diet using dietary guidelines.

I can identify 5 nutrient-dense foods that I can add to my diet.

I can explain the importance of balancing nutrition and physical activity to maintain my health.

I can analyze an individual diet and make suggestions for healthier food choices to improve it.

Section 4

I can define the following terms:

Food additives, foodborne illness, food allergy, cross-contamination

I can explain the importance of reading food labels and understanding the basic information provided on those labels.

I can identify and explain the importance of food safety and the role it plays in my health.