***Senior High Health***

***Nutrition Unit Exam Review Sheet:***

role of nutrients in the body: fats, carbohydrates, protein, vitamins, minerals, water

dietary guidelines for Americans

Choose My Plate recommendations

Definition of calories

portion distortion

nutrient dense foods vs. empty calories

how to read a food label

rule of 20% DV or more; 5% DV or less

dangers of diets high in fat, salt, sugar

health problems associated with poor diet

how to maintain a healthy weight

benefits of physical activity

body image

symptoms of anorexia

symptoms of bulimia

ways to help someone with eating disorders