

## Chapter 7 Diet and Health

**Directions** Fill in the outline below. Filling in the blanks will help you as you read and study Diet and Health.

### I. Lesson 1 (pp. 140-41)

#### A. Food for Energy

1. \_\_\_\_\_ are the basic units of food that the body can use.
2. Nutrients move from the walls of the small intestine into the \_\_\_\_\_ during absorption.
3. Nutrients are used for \_\_\_\_\_ once they are inside cells.
4. Extra calories are stored in the body as \_\_\_\_\_.

### II. Lesson 2 (pp. 142-44)

#### A. Carbohydrates and Proteins

1. Your body breaks down carbohydrates into a sugar, which your body uses as its main \_\_\_\_\_.
2. The two main kinds of carbohydrates are simple carbohydrates and \_\_\_\_\_ carbohydrates.
3. Fiber helps move foods through the \_\_\_\_\_ system.
4. About 12 to 15 percent of your diet should come from \_\_\_\_\_ each day.
5. A complete protein is a protein with nine \_\_\_\_\_ acids.

### III. Lesson 3 (pp. 145-46)

#### A. Fats and Cholesterol

1. The two main kinds of fats are saturated fats and \_\_\_\_\_ fats.
2. Cholesterol is found only in foods that come from \_\_\_\_\_.
3. Too much cholesterol makes it hard for your \_\_\_\_\_ to flow.