

Name \_\_\_\_\_

Date \_\_\_\_\_

Period \_\_\_\_\_

Chapter 7

Mastery  
Test B

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### Chapter 7 Mastery Test B, continued

\_\_\_\_\_ 12) Carbohydrates, proteins, fats, vitamins, minerals, and water are the six essential \_\_\_\_\_ your body needs.

\_\_\_\_\_ 13) A complete protein is one that contains all nine of the \_\_\_\_\_ that the body cannot make on its own.

\_\_\_\_\_ 14) You need to replace all the \_\_\_\_\_ that your body loses each day.

\_\_\_\_\_ 15) The \_\_\_\_\_ can help you determine how much and what kind of food to eat.