

Name: _____ Date: _____

A Healthy Life 4.1

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| 1. What is a carbohydrate? | A. protein |
| 2. What are simple carbohydrates? | B. Calcium |
| 3. Cleans the intestinal walls | C. Iron |
| 4. This is used to build and repair cells. | D. fiber |
| 5. 20 different building blocks | E. malnutrition |
| 6. Transport vitamins through the bloodstream | F. Potassium |
| 7. Eating these can lead to heart disease. | G. grains |
| 8. These originate from living things. | H. Basic food groups |
| 9. Maintains your connective tissue. | I. Water |
| 10. Helps your eyesight | J. Vitamin D |
| 11. Essential for normal metabolism of the body's cells | K. Calorie |
| 12. Strengthens bones and teeth | L. important source of energy |
| 13. Helps protect cells from damage | M. vitamins |
| 14. Calcium, potassium and iron | N. Vitamin A |
| 15. Is needed in your blood for muscle contraction | O. Minerals |
| 16. Helps muscles move correctly | P. sugars |
| 17. Enables the blood to carry oxygen around the body | Q. amino acids |
| 18. Without this you could only survive a few days | R. trans fats |
| 19. Food energy is measured in this unit | S. Fruits and veggies |
| 20. fruits, vegetables, grains, proteins, dairy | T. Vitamin C |
| 21. Make up 1/2 of your diet | U. lipids |
| 22. At least half of all these should be whole | V. Vitamin E |
| 23. In order to maintain a _____ the calories consumed must equal the calories eaten | W. healthy body weight |
| 24. The lack of proper nutrition | X. B-complex vitamins |