

1.	<b>Nutrients</b> What do you call a diet that gives you the correct amount of nutrients needed by your body to be healthy?	2.	<b>A balance diet</b> 50% of your diet needs to consist of what essential nutrient?	3.	<b>Carbohydrates</b> Is it true that fat is the body's second source of energy?	4.	<b>Yes</b> What do you call the units for measuring the energy value of food?
5.	<b>Calories</b> What essential nutrient is used by the body for growth and tissue repair?	6.	<b>Protein</b> What is healthy eating?	7.	<b>It's eating a balance diet to support health and reduce the risk of disease.</b> What are the two types of fat?	8.	<b>Saturated - animal fat</b> <b>Unsaturated - plant fat</b> 1 gram of fat provides how many calories?



9.

**9 kcals  
per gram**

**How much protein  
should you eat  
per day?**

10.

**15 - 20%  
of your total  
calorie intake**

**1 gram of  
protein provides  
how many  
calories?**

11.

**4 kcals  
per gram**

**How much fat  
should you eat  
per day?**

12.

**30 - 35%  
of your total  
calorie intake**

**1 gram of  
carbohydrate  
provides how  
many calories?**

13.

**3.75 kcals  
per gram**

**Which nutrient  
provides  
insulation?**

14.

**Fat**

**What is  
a deficiency  
disorder?**

15.

**A lack of one or  
more essential  
nutrient**

**What does  
dehydration  
mean?**

16.

**It's when your  
body does not  
contain enough  
water**

**Where is  
fibre found?**



17.

**In plant  
foods**

**Is it true that fibre  
helps with digestion  
and prevents  
constipation?**

18.

**Yes**

**How much water  
should you  
drink each day?**

19.

**6 - 8 cups  
2 - 2.5 litres**

**What are calcium,  
potassium  
and sodium?**

20.

**Minerals**

**A, D, E, and K  
are what type  
of vitamin?**



21.

**Fat  
soluble**

**What nutrient  
provides the  
body with a quick  
source of energy?**

22.

**Carbohydrates**

**Which vitamins  
are water  
soluble?**

23.

**Vitamins  
B and C**

**What chemicals  
found in food  
are necessary for  
good health?**