

CHAPTER 12 QUESTIONS

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## KEY TERMS

1. \_\_\_\_\_ The process by which the body takes in and uses the substances that it needs to regulate body functions, promote growth, and obtain energy
2. \_\_\_\_\_ Units for measuring the amount of energy contained in food
3. \_\_\_\_\_ A type of complex carbohydrate that passes through the digestive system without being broken down and absorbed
4. \_\_\_\_\_ A waxy, fatlike substance found in animal cells
5. \_\_\_\_\_ Long chain nutrients that contain nitrogen, carbon, hydrogen and oxygen
6. \_\_\_\_\_ A condition in which a person does not obtain enough of one specific nutrient
7. \_\_\_\_\_ Substance in red blood cells that carries oxygen
8. \_\_\_\_\_ The process in which the body maintains a steady internal state
9. \_\_\_\_\_ Recommendations for the amount of specific nutrients that the average person should be obtaining each day
10. \_\_\_\_\_ Any condition in which a person's nutrient consumption is inadequate or unbalanced
11. \_\_\_\_\_ The class of nutrients that includes calcium, iron, phosphorus, iodine and sodium

## WHAT HAVE YOU LEARNED?

12. Which of these nutrients is associated with high blood pressure?

\_\_\_\_\_

13. Complex carbohydrates are:

\_\_\_\_\_

14. Which of the following is high in protein?

\_\_\_\_\_

15. Loss of water through heavy perspiring can result in:

\_\_\_\_\_

16. The base of the Food Guide Pyramid consists of foods made from:

\_\_\_\_\_

17. Indirectly, the most common cause of malnutrition is:

\_\_\_\_\_

19. Why is fiber necessary for the proper functioning of the digestive system?

\_\_\_\_\_  
\_\_\_\_\_

22. Give three reasons why water is such an important nutrient.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_