

Name _____ Period _____ Date _____

Chapter 32.1 Nutrients and Homeostasis

Key Concept: *Cells require many different nutrients.*

- What key titles, diagrams, vocabulary words and captions stand out to you?

Reading Questions:

1. What six types of nutrients help you to maintain homeostasis?

2. Define the term vitamin. Give three (3) examples of essential vitamins, their sources and what they are important for in the body.

3. Define the term mineral. Give three (3) examples of essential vitamins, their sources and what they are important for in the body.

4. How are minerals lost from our body?

5. How are saturated and unsaturated fats different at room temperature?

6. What five (5) essential pieces of information can be obtained from a food label?

7. Define the term Calorie.

8. Why is it so important to eat a well-balanced diet during the teenage years?

The Big Picture:

9. Why should protein be included in your diet every day? How many are essential and must come from your diet?

10. What nutrient makes up more than half of your body? _____

11. What type of nutrient is your main source of energy? _____

12. What are the different types of fat found in your foods? Why is fat an important part of our diet?
