

# CHAPTER 11 NUTRITION AND DIETS

## ASSIGNMENT SHEET

Grade \_\_\_\_\_ Name \_\_\_\_\_

**INTRODUCTION:** A solid understanding of basic nutrition is essential for a health care worker. This assignment will help you review the main facts about proper nutrition and its relationship to good health.

**INSTRUCTIONS:** Read the information on Nutrition and Diets. Then follow the directions by each section to complete this assignment.

**A. Matching:** Place the letter of the correct word in Column B in the space provided by the definitions in Column A.

- | Column A                                                                               | Column B              |
|----------------------------------------------------------------------------------------|-----------------------|
| _____ 1. State or condition of one's nutrition                                         | A. Absorption         |
| _____ 2. High blood pressure                                                           | B. Anorexia           |
| _____ 3. State of poor nutrition caused by diet or illness                             | C. Atherosclerosis    |
| _____ 4. Commonly called starches or sugars, major source of energy                    | D. Carbohydrates      |
| _____ 5. Fatty substance found in body cells and animal fats                           | E. Cholesterol        |
| _____ 6. Essential nutrients that build and repair tissue and provide heat or energy   | F. Diabetes mellitus  |
| _____ 7. Process of breaking down food into smaller parts and changing it chemically   | G. Digestion          |
| _____ 8. Process where blood capillaries pick up digested nutrients                    | H. Fats               |
| _____ 9. Loss of appetite                                                              | I. Hypertension       |
| _____ 10. Modifications of normal diet used to improve specific health conditions      | J. Hypotension        |
| _____ 11. Metabolic disease caused by insufficient secretion or utilization of insulin | K. Malnutrition       |
| _____ 12. Inorganic elements found in all body tissues                                 | L. Metabolism         |
|                                                                                        | M. Minerals           |
|                                                                                        | N. Nutritional status |
|                                                                                        | O. Proteins           |
|                                                                                        | P. Regular diet       |
|                                                                                        | Q. Therapeutic diet   |

**B. Completion and Short Answer:** In the space provided, print the word(s) that best completes the statement or answers the question.

1. List at least four (4) immediate effects of good nutrition.

2. A condition in which bones become porous and break easily is called \_\_\_\_\_.

3. The fibrous indigestible form of carbohydrate that provides bulk in the digestive tract is \_\_\_\_\_.

4. List four (4) functions of fats.

5. What is the difference between saturated and unsaturated fats?

a. List four (4) examples of saturated fats.

b. List three (3) examples of polyunsaturated fats.

6. List three (3) functions of proteins.

What is the difference between complete and incomplete proteins?

7. Vitamins that dissolve in water and are easily destroyed by cooking, air, and light are called \_\_\_\_\_.  
Vitamins that dissolve in fat and are not easily destroyed by cooking, air, and light are called \_\_\_\_\_.

8. Identify the vitamin that performs the function listed.

- a. aids in wound healing:
- b. normal clotting of the blood:
- c. production of healthy red blood cells and metabolism of proteins:
- d. builds and maintains bones and teeth:
- e. healthy mouth tissues and eyes:
- f. structure and function of cells of skin and mucous membranes:
- g. protection of cell structure, especially red blood cells:
- h. production of antibodies:

9. Identify the mineral(s) that performs the function listed.

- a. formation of hemoglobin in red blood cells:
- b. regular heart rhythm:
- c. clotting of the blood:

- d. formation of hormones in thyroid gland:
  - e. develop and maintain bones and teeth:
  - f. healthy muscles and nerves:
  - g. formation of hydrochloric acid:
  - h. component of enzymes and insulin:
10. Identify four (4) functions of water.

How many glasses of water should the average person drink per day?

11. What is the difference between digestion and absorption?
12. The unit of measurement used to measure the amount of heat produced during metabolism is a/an \_\_\_\_\_.
13. List four (4) factors that cause calorie requirements to vary from person to person.
14. An individual who wants to lose weight should increase \_\_\_\_\_ and decrease \_\_\_\_\_.

15. Calculate the number of calories your body requires daily to maintain your current weight. To do this, multiply your current weight in pounds by 15 calories.

To lose one pound a week, you should decrease calorie intake by \_\_\_\_\_ calories per day.

How many calories should you eat per day to lose one pound a week? \_\_\_\_\_

To gain one pound a week, you should increase calorie intake by \_\_\_\_\_ calories per day.

How many calories should you eat per day to gain one pound a week? \_\_\_\_\_

16. Review Table 11-5 on Religious Dietary Restrictions in the textbook. Do you believe any of the dietary restrictions could be detrimental to good nutrition? Why or why not?

17. Use the general formula provided at the beginning of Chapter 11:5, Weight Management, to calculate your personal desired weight based on your gender and height. Remember to increase the weight if you are large boned or decrease the weight if you are small boned. Show your calculations.

18. What does BMI measure?

Use the chart in Figure 11-6 of the textbook to find and record your BMI measurement.

19. A body weight that is 10 to 15 percent below the desired weight is \_\_\_\_\_. A body weight that is 10 to 20 percent above the average recommended weight is \_\_\_\_\_. A body weight that is 20 percent or more above the average recommended weight is \_\_\_\_\_.

20. Review the USDA *Dietary Guidelines* for managing weight. Choose three (3) of the guidelines that you believe are most important to you. List these guidelines and explain why they are important.

**C. Menu Plans:** Go to *www.myplate.gov* and use the daily food plan to find your personal recommendations for your daily food intake. Create a day's meal plan that meets your requirements.

Breakfast

Lunch

Dinner

Snacks: Include at least three (3).

**D. Therapeutic Diets:** List at least four (4) foods to limit or avoid in each of the following therapeutic diets.

Diet

Foods to Limit or Avoid

1. Soft

2. Diabetic

3. Low-calorie

4. High-calorie

5. Low-cholesterol

6. Fat-restricted

7. Sodium-restricted

8. Low-protein

9. Bland

10. Low-fiber or low-residue