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Fitness for Life

Chapter 14 – Chapter review

1. Your body breaks down proteins into simpler substances called amino acids.
2. Your body can use carbs for energy with little or no change during digestion.
3. You need to limit your intake of cholesterol, a fatlike substance found in animal cells.
4. Complex Carbs contain more nutrients than do simple carbohydrates.
5. Proteins are food substances required for the growth and maintenance of your cells.
6. A food that is nutrient dense contains a large amount of nutrients for the number of calories it provides.

Next to each number, write the letter of the best answer.

- | | | |
|---------------------------------|---|---|
| 7. carbohydrate <u>c</u> | a | contains some, not all, essential amino acids |
| 8. proteins <u>e</u> | b | cannot be digested by the body |
| 9. fiber <u>b</u> | c | provides you with energy |
| 10. complete protein <u>d</u> | d | contains all nine essential amino acids |
| 11. incomplete protein <u>a</u> | e | building blocks of your body |

12. Describe and refute a myth some athletes have about eating before physical activity.

A steak has high protein, & is digested slowly, but eat one or three hrs before exercising it might interfere with performance.

13. Explain how complete proteins are important for your health.

You get essential amino acids

14. Explain how calcium is important for your health, and tell what you can do to help keep your bones strong

Calcium keeps bones strong, you can drink almond milk

15. Why is water considered an important nutrient, and why might a person who is exercising need extra amounts of it?

Carries away waste, carries nutrients to cells. To regain liquids lost in exercising