

3. What is a unit of energy called? \_\_\_\_\_

\_\_\_\_\_ a calorie \_\_\_\_\_

4. Is it possible to eat too much food? \_\_\_\_\_ yes \_\_\_\_\_

5. Is it possible to eat too little food? \_\_\_\_\_ yes \_\_\_\_\_

6. Name the five main nutrients that are found in foods. (Answers need not be given in this order.)

a. \_\_\_\_\_ proteins \_\_\_\_\_ d. \_\_\_\_\_ fats \_\_\_\_\_

b. \_\_\_\_\_ vitamins \_\_\_\_\_ e. \_\_\_\_\_ minerals \_\_\_\_\_

c. \_\_\_\_\_ carbohydrates \_\_\_\_\_

7. What different foods should we eat every day for good, balanced meals? \_\_\_\_\_

\_\_\_\_\_ (Answers may vary but should include the following.) \_\_\_\_\_

\_\_\_\_\_ fruit, vegetables, meat, eggs, milk, grains \_\_\_\_\_

\_\_\_\_\_