

Chapter 1

The Basics of Nutrition

Chapter 1 Learning Outcomes

After completing Chapter 1, you will be able to:

1. Identify the leading causes of death in the United States and the lifestyle factors that contribute to them.
2. List the six classes of nutrients, and identify a major role of each class of nutrient in the body.
3. Explain how to determine whether a substance is a nutrient, an essential nutrient, a non-nutrient, or a phytochemical.

ANSWER QUESTIONS 1-52 AS YOU READ CHAPTER 1 in "Nutrition for Healthy Living" textbook:

1. 1 Nutrition: The Basics

1. What is *diet*?

YOUR USUAL PATTERN OF FOOD CHOICES,

2. List several factors that influence your food choices:

Family, childhood experiences, peers, ethnic background, education, occupation, income
Religious beliefs, moods, advertising, media, health beliefs, health status, flavor, texture

3. What is a nutrient?

Life-sustaining food

4. True or False?

a. To eat well, you need to learn about the nutritional value of foods and the effects that your diet can have on your health. Answer: ___T_____

b. Simply having information about nutrients and foods and their effects on health may not be enough for people to change ingrained food-related behaviors; a person must be motivated to make such changes. Answer: ___T_____

Why Learn About Nutrition?

5. Why should you care about your diet?

Poor eating habits contribute to several leading causes of death, including heart disease, cancers, stroke, type 2 diabetes

Making The Best Of Basics 6ed

Jerry J. Weygandt



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