

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

Rachel S Tattersall



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Table of Contents Making The Best Of Basics 6ed

1. Understanding the eBook Making The Best Of Basics 6ed
 - The Rise of Digital Reading Making The Best Of Basics 6ed
 - Advantages of eBooks Over Traditional Books
2. Identifying Making The Best Of Basics 6ed
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Making The Best Of Basics 6ed
 - User-Friendly Interface
4. Exploring eBook Recommendations from Making The Best Of Basics 6ed
 - Personalized Recommendations
 - Making The Best Of Basics 6ed User Reviews and Ratings
 - Making The Best Of Basics 6ed and Bestseller Lists
5. Accessing Making The Best Of Basics 6ed Free and Paid eBooks
 - Making The Best Of Basics 6ed Public Domain eBooks
 - Making The Best Of Basics 6ed eBook Subscription Services
 - Making The Best Of Basics 6ed Budget-Friendly Options
6. Navigating Making The Best Of Basics 6ed eBook Formats
 - ePub, PDF, MOBI, and More
 - Making The Best Of Basics 6ed Compatibility with Devices
 - Making The Best Of Basics 6ed Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Making The Best Of Basics 6ed
 - Highlighting and Note-Taking Making The Best Of Basics 6ed
 - Interactive Elements Making The Best Of Basics 6ed
8. Staying Engaged with Making The Best Of Basics 6ed

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Making The Best Of Basics 6ed
- 9. Balancing eBooks and Physical Books Making The Best Of Basics 6ed
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Making The Best Of Basics 6ed
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Making The Best Of Basics 6ed
 - Setting Reading Goals Making The Best Of Basics 6ed
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Making The Best Of Basics 6ed
 - Fact-Checking eBook Content of Making The Best Of Basics 6ed
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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