

6<sup>th</sup> Grade Nutrition Unit  
Study Guide Answer Key

Quiz on:

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Use your Nutrition Notes, Nutrition Cubes, Food Group Worksheet, and Calcium Worksheet to study the following information.

1. What are calories  
Units of body fuel
2. How many calories does the average teen need?  
1800-2800
3. What four factors/reasons affect how many calories an individual needs?
  - Activity level
  - Growth rate
  - Gender
  - Size of your body
4. What does the body do with the extra, unused calories?  
Turns them in body fat
5. What are the benefits of exercise?
  - Helps maintain a healthy body weight
  - Builds and tones muscles, improves our mood and lung function
  - Makes us more flexible
6. What are the 6 essential nutrient groups
  - Carbohydrates
  - Fats
  - Proteins
  - Vitamins
  - Minerals
  - Water
7. What is the function of each of the 6 nutrient groups?
  - Carbohydrates-provides body with most of it's energy
  - Fats-used to store energy, carries vitamins around the body, form cell membranes, insulate body protects organs
  - Proteins-builds, repairs, and maintains body tissue
  - Vitamins-helps regulate body functions
  - Minerals-controls important chemical reactions in the body
  - Water-necessary for survival, keeps us hydrated, helps move food and nutrients through the body, aids in digestion

# **Nutrition And Wellness Study Guide Answer Key**

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## **Nutrition And Wellness Study Guide Answer Key:**

## The Enigmatic Realm of **Nutrition And Wellness Study Guide Answer Key**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Nutrition And Wellness Study Guide Answer Key** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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### **Table of Contents Nutrition And Wellness Study Guide Answer Key**

1. Understanding the eBook Nutrition And Wellness Study Guide Answer Key
  - The Rise of Digital Reading Nutrition And Wellness Study Guide Answer Key
  - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition And Wellness Study Guide Answer Key
  - 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 a Nutrition And Wellness Study Guide Answer Key
  - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition And Wellness Study Guide Answer Key
  - Personalized Recommendations
  - Nutrition And Wellness Study Guide Answer Key User Reviews and Ratings

- Nutrition And Wellness Study Guide Answer Key and Bestseller Lists
- 5. Accessing Nutrition And Wellness Study Guide Answer Key Free and Paid eBooks
  - Nutrition And Wellness Study Guide Answer Key Public Domain eBooks
  - Nutrition And Wellness Study Guide Answer Key eBook Subscription Services
  - Nutrition And Wellness Study Guide Answer Key Budget-Friendly Options
- 6. Navigating Nutrition And Wellness Study Guide Answer Key eBook Formats
  - ePub, PDF, MOBI, and More
  - Nutrition And Wellness Study Guide Answer Key Compatibility with Devices
  - Nutrition And Wellness Study Guide Answer Key Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Nutrition And Wellness Study Guide Answer Key
  - Highlighting and Note-Taking Nutrition And Wellness Study Guide Answer Key
  - Interactive Elements Nutrition And Wellness Study Guide Answer Key
- 8. Staying Engaged with Nutrition And Wellness Study Guide Answer Key
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Nutrition And Wellness Study Guide Answer Key
- 9. Balancing eBooks and Physical Books Nutrition And Wellness Study Guide Answer Key
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Nutrition And Wellness Study Guide Answer Key
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Nutrition And Wellness Study Guide Answer Key
  - Setting Reading Goals Nutrition And Wellness Study Guide Answer Key
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nutrition And Wellness Study Guide Answer Key
  - Fact-Checking eBook Content of Nutrition And Wellness Study Guide Answer Key
  - 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

### **Nutrition And Wellness Study Guide Answer Key Introduction**

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