Chapter 9 – Vocab Worksheet

Answer the following questions, circle the answer, or fill in the information that is asked for.

1. What is the difference between hunger and appetite? Describe them both. (2 points)

- 2. What does BMR stand for? (1 point)______
- 3. Define Daily Values. (1 point)
- 4. How are ingredients listed on food labels? (1point)
- 5. BMR is a ratio of: (1 point)
 - a. Height to weight
 - b. Weight to height
 - c. Weight to age
 - d. Age to height
- 6. What is the difference between overweight and obesity? Describe them both. (2 points)
- 7. Fad diets promise ______ with little or no effort. (1 point)

Name: ______

What is the difference between food allergies and food intolerance? Describe them both. (2 points)