

Unit 2 (Chapters 8, 9, 11, 12 & 13)

Study Guide

Chapter 8: Food and Nutrition

Be able to:

Name the 3 classes of nutrients that supply your body with energy.

Explain metabolism and what a calorie is.

Describe the roles that carbs, fats, and proteins play in your body.

Identify the 2 main classes of vitamins.

List the seven minerals your body needs in significant amounts.

Explain why water is so important to your body.

Explain what information the *Dietary Guidelines for Americans* provides.

Summarize what the recommendations are for each food group in the MyPyramid plan.

Vocabulary:

Nutrient	Unsaturated fat	vitamin
Metabolism	Saturated fat	antioxidant
Calorie	cholesterol	mineral
Carbohydrate	trans fat	anemia
Fiber	Protein	homeostasis
Fat	Amino acid (essential)	dehydration
Nutrient-dense food		

Chapter9: Making Healthy Food Choices

Be able to:

Summarize the three main reasons why you eat.

Analyze the best ways to make food choices based on the information contained on labels (ex: expiration dates, % of daily intake values, ingredient lists).

Examine how heredity, activity level and body composition influence a person's weight.

Calculate your body mass index (BMI).

Summarize healthy strategies for losing or gaining weight.

Compare and contrast food allergy and food intolerance.

Vocabulary:

Hunger	Appetite	Basal metabolic rate
Daily values	Body Composition	Body Mass Index (BMI)
Overweight	Obesity	Fad diet
Food Allergy	Food Intolerance	

Chapter 11: Skeletal and Muscular Systems

Be able to:

Identify the 5 roles of the skeletal system.

Describe the function of bones and joints.

Explain how you keep your skeletal system healthy.

Describe the functions of the 3 types of muscles.

Explain how you can keep your muscular system healthy.

Vocabulary:

Joint	Cartilage	Ossification
Marrow	Ligament	Osteoporosis
Fracture	Sprain	Smooth muscle
Cardiac muscle	Skeletal muscle	Tendon
Atrophy	Anabolic Steroid	Strain
Tendonitis		

Chapter 12: Cardiovascular System

Be able to:

Describe the main functions of the cardiovascular system.

Identify the three types of blood vessels and the four components of blood.

Describe how hypertension and blood cholesterol contribute to heart disease

Describe the behaviors that can reduce your risk of developing heart disease

Vocabulary:

Atrium	Ventricle	Capillary
Artery	Vein	Blood Pressure
Hypertension	Plasma	Red Blood Cell
White Blood Cell	Platelets	LDL
HDL	Atherosclerosis	Plaque

Chapter 13: Exercise and Lifelong Fitness**Be able to:**

Explain some of the physical, psychological and social benefits of physical activity.

Define the five components of fitness.

Describe the different types of physical activity.

Describe how to develop a plan for achieving lifelong fitness.

Describe the 3 phases of exercise.

List the safety considerations related to physical activity.

Evaluate the risks to using substances to enhance performance

Identify ways to avoid overtraining and prevent sports-related injuries.

Vocabulary:

Physical Activity	Endorphins	Physical Fitness
Body Composition	Aerobic Exercise	Anaerobic Exercise
Isometric Exercise	Isotonic Exercise	Lifelong Fitness
FITT formula	Target Heart Rate	Cross-training
Dehydration	Dietary Supplement	Overtraining