

University of Phoenix Material

Nutrition and Health Worksheet

Use Ch. 1 of *Contemporary Nutrition*, Ch. 2 of *Visualizing Nutrition*, supplemental course materials, the University Library, the Internet, or other resources to answer the following questions. Your response to each question should be 75 to 100 words.

1. What is nutrition? Why is nutrition essential to our daily lives?

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2. What is the connection between nutrition and health?

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3. What are the six classes of nutrients? What are essential nutrients? What are the sources of nutrients? What do nutrients do?

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4. How do vitamins and minerals work?

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5. What does it mean to eat a balanced diet? Why is food choice important for good nutrition?

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6. What is undernutrition? What is overnutrition?

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