

University of Phoenix Material

Nutrition and Health Worksheet

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

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

Nutrition is the science that links health and disease. Nutrition is very essential to our daily lives because it provides our body the fuel it needs to perform properly. If a person has good nutrition it could help prevent several diseases and other harmful conditions. Nutrition is the necessary components provide for food for humans ingestion, digestive system, absorption, metabolism, transport, storage and excretion of those nutrients. Nutrients include environmental, psychological and behavioral aspects of eating. Nutrients are essential to our everyday lives because it provides the nutrients that our bodies need to function on a daily basis.

2. What is the connection between nutrition and health?

The connection between nutrition and health are developing and maintaining a healthy lifestyle. If an individual has a poor diet and less activity they could possibly develop life threatening diseases such as heart disease and diabetes and some forms of cancer. A balanced combination of foods can usually provide all the health and nutrition necessary to meet all most daily activities. Daily meals for people include four or more servings of fruits and vegetables, three or more servings of protein, and two or more servings of breads and cereal. At least two servings of dairy are also recommended for children.

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

The six classes of the nutrients are water, fats, carbohydrates, proteins, minerals and vitamins. Nutrients are essential for cell growth, maintenance and repair. Some of the sources of nutrients are the food we eat like fish, chicken, milk, eggs, and whole grain cereals. An essential nutrient is a nutrient required for normal body functioning that cannot be synthesized by the body. Nutrients help your body to grow and to give you energy you require to do everything. Generally nutrients are building blocks that help build our bodies. The nutrients include proteins, fats, carbohydrates, minerals, oils and water.

4. How do vitamins and minerals work?

Vitamins have many functions but their main function is to enable every