Study Guide for the 7th Grade Health

Nutrition Test

1) Know the definitions of the following words:

- Nutrients
- Saturated fat
- Un-saturated fat
- water
- calorie
- protein
- fiber
- binge eating disorder

2) Understand the following concepts:

- Know the food groups from Choose My Plate
- What are signs of an eating disorder?
- What are several tips to eating healthy at home and at a restaurant?
- Understand the difference between saturated and unsaturated fat.
- What is the energy equation?
- What percentage of your food intake should be carbohydrates?
3) Please study the following sheets / returned homework assignments:
   - One Size Doesn’t Fit All
   - Look at your Choose My Plate Printout / Food Diary

4) Friendly Reminders:
   - The last day to turn in late homework for the nutrition unit is the day of the test!
   - Study and ask Mrs. LaPointe if you have any questions!
   - Use your time wisely and study the materials on the study guide!