

Name: _____

Date: _____

Lesson 9: Food as Fuel Guided Notes

1. The body needs food to provide _____ for its various functions.
2. Systems in the body that require energy to function include the _____ system, _____ system, and _____ system.
3. The _____ system is responsible for regulating internal fluid levels, absorbing fats, and fighting foreign particles.
4. The _____ system helps in providing oxygen to the body and regulating pH levels.
5. The body gets its supply of energy from _____.
6. Food fuels the body by providing _____, _____, and _____ for energy and repair.
7. _____ are important for brain development and optimal function.
8. _____ are used by the body as fuel for energy expenditure.
9. _____ are essential for the production of new cells and the repair of existing tissue.
10. "Food as fun" means choosing foods based on how they _____.
11. "Food as fuel" means choosing foods based on how they make you _____ and _____.
12. Whole foods are foods that are _____ to their natural state.
13. Examples of whole foods include _____, _____, and _____.
14. _____ foods are slightly processed or altered to make them easier to store, prepare, or eat.
15. Benefits of consuming whole and minimally processed foods include higher _____ intake, better regulated _____ levels, and improved _____.
16. A _____ food is any food that has been significantly altered from its natural state.



17. To make informed food choices, it's important to read _____ and avoid foods with many _____.

18. Food companies use "buzz" words like _____ and _____ to attract consumers.

19. To increase the intake of whole and minimally processed foods, you should _____ your own food, stick to _____ at the grocery store, and include _____ in each meal.

20. To know what to eat and how much, consult a trusted _____ for dietary advice.

Answer Key

1. energy
2. skeletal; nervous; muscular
3. lymphatic
4. respiratory
5. food
6. nutrients; vitamins; minerals
7. Fatty acids
8. Carbohydrates
9. Proteins
10. taste
11. feel; perform
12. close
13. fruits; vegetables; nuts and seeds
14. Minimally processed
15. nutrient; blood sugar; digestion
16. processed
17. food labels; ingredients
18. "healthy"; "natural"
19. make; your list; protein, fats, and carbohydrates
20. physician