

8th Grade Science

Human Body Systems & Health Book

Chapter Seven: Staying Healthy

Section One: Good Nutrition

Answer each of the following questions on a piece of notebook paper, in a complete sentence, restating the question in your answer. Failure to follow these rules will result in the student having to rewrite the assignment to earn their points.

1. What are the six classes of nutrients?
2. What are carbohydrates used for in the body?
3. What are proteins used for in the body?
4. What are four foods used by the body to get amino acids?
5. What are fats used for in the body?
6. How long can a human go without water?
7. How much of your body is water?
8. What are the three jobs of water in the body?
9. What six minerals does the body need in large amounts?
10. What is calcium used for in the body?
11. Which vitamin can be made by the body?
12. Using the “mypyrimid,” compare the amount of exercise people do with the amount of food they eat.
13. How can we find out how much of a nutrient is in a packaged food?
14. If you eat 2,500 calories per day and 20% are from fat, 30% are from protein and 50% are from carbohydrates, how many calories of each nutrient do you eat?

15. Why do humans need to eat foods each day that contain vitamin C?