Chapter 10 • Lesson 1 The Importance of Nutrition

Reteaching Activity

Directions  Read the following statements about nutrition. If the statement is true, write true in the space provided. If the statement is false, cross out the underlined word or phrase and write the correct word or phrase in the space provided.

true  1. Nutrition is the process by which your body takes in and uses food.

true  2. Nutrients are substances in food that the body needs for growth, repair, and energy.

true  3. Calories are the units that measure the fat in food.

true  4. Nutrition affects your health only while you are still growing.

true  5. Eating a variety of healthful foods can lower your risk of cardiovascular disease.

true  6. Hunger is the psychological desire for food.

true  7. Hunger occurs when the body sends a signal that it is time to eat.

true  8. Emotions have no influence on when or what a person eats.

true  9. What you eat is unlikely to be affected by your environment.

true  10. Culture is an external influence on food decisions.