

# Nutrition and Physical Activity

## Notes Template Abbreviated Version

### A. Why Nutrition Matters

1. What is nutrition?
2. What are nutrients?
3. What is a calorie?

### B. Nutrients That Provide Energy (calories)

1. Carbohydrates- the body's main source of energy
  - a.
  - b. the role of carbs- broken down into **glucose**, the main source of fuel
2. Protein- used to build and maintain cells and tissues
  - a. essential amino acids- those we must get from food
  - b. nonessential amino acids- those our body produces
  - c.
3. Types of Fats
  - a. unsaturated fat-
  - b. saturated fat-
  - c. trans fat-
  - d.

### C. Nutrients That Do Not Supply Energy

1. Vitamins
  - a.
  - b.
2. Minerals-
3. Water- most essential nutrient

### A. The Calorie Connection

1. Your energy balance

a. metabolism-

b. 3500 calories is equal to one pound of fat

## B. Maintaining Weight

1. Body Mass Index (BMI)-

2. Body Composition-

3. Obese- having an excess of body fat

## C. Eating Disorders- extreme, harmful eating behaviors

1. Anorexia Nervosa-

a. avoids food

b. eats only a few foods

c. counts calories

d. exercises excessively

e. weighs themselves repeatedly

f. health risks

2. Bulimia Nervosa-

a. binge ( ) and purge ( )

b. fear of weight gain

c. exercise excessively

d. normal weight range

e. health consequences

3. Binge Eating Disorder-

a.

b.

c. can develop many health problems

4. Health Conditions

a. diabetes-

b. Celiac Disease-

c. high cholesterol

## D. Fitness and Safety

1. Hypothermia-

2. Heat Exhaustion

3. Heatstroke-