**Review Sheet For Nutrition Unit**

\*You need to know **all vocabulary** and concepts from investigations 1-5. You should study all of the PowerPoints on my website. You also can use Quizlet to study and the packet of terms in your 8 pocket folder (this is on my website if you lost it).

**Concepts to know:**

\*The higher the amount of sugars in a food, the higher the amount of total carbohydrates

\* Be familiar with how to read My Pyramid

\*Sugar and dietary fibers are listed under the heading total carbohydrates on a nutrition label

\* Know the 3 signs of a chemical change (on page 4 in the lab book for investigation 1). Also know that if a new substance is formed, there is a chemical change happening.

\*Be familiar with foods that would be considered proteins (my PowerPoint will help with this). Milk, vegetables and grains all contain some protein.

\*Each food group and category has some foods that contain fats, carbohydrates, and proteins

\*The large intestine is the last organ of the digestive system.

\* Know how to read nutrition labels and what every part means