Chapter 2 - Nutritional Needs - April 20-24

Monday - Definitions - Slides 1- 9

1. Nutrients -
2. Nutrition -
3. Malnutrition -
4. Nonessential nutrients -
5. Essential nutrients -
6. Deficiency disease -
7. Toxicity -
8. Dietary supplements -
9. Antioxidants -
10. Fortified foods -

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Tuesday – Summaries – Write at least 5 sentences for each.

1. Carbohydrates - slides 10-13
2. Fats - slides 14-20
3. Proteins - slides 21-25

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Wednesday – Research - Slides 26-51

Choose a vitamin and mineral that you would like to learn more about to research. Write at least 5 sentences for each.

1. Vitamin
2. Mineral

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Thursday – Summaries - Slides 52-63

Write at least 5 sentences for each.

1. Water

1. Digestion, Absorption, and Metabolism