

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-