**Extension: Food & Nutrition**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Biology 11**

**Directions:** Complete the following questions by using the textbook on pages 971 to 974.

1. How many calories does the average-sized male and female teenager need to consume each day?
2. Besides obtaining energy, why else do we need to eat food?
3. What are nutrients?
4. Complete the chart below investigating the nutrients the human body is dependent upon:

|  |  |  |  |
| --- | --- | --- | --- |
| **Nutrient:** | **How/where do we get the nutrient from?** | **Why are they important?** | **If they are not present, how can homeostasis be affected?** |
| **Water** |  |  |  |
| **Carbohydrates** |  |  |  |
| **Fats** |  |  |  |
| **Proteins** |  |  |  |
| **Vitamins**  **(organic material)** |  |  |  |
| **Minerals**  **(inorganic material)** |  |  |  |