Alphabet Soup

Purpose: To demonstrate clear understanding of nutrition-related acronyms.
Directions: Pick the appropriate group of letters from the bowl of Alphabet Soup to match each definition. Write the acronym and what it stands for in the space provided following each definition.

1. Small units of measure and the easiest way to measure nutrients.

   _____

   _____

2. A series of standards for assessing nutrient needs among people of different ages and genders.

   _____

   _____

3. The amount of a nutrient needed by 98 percent of people in a given age and gender group.

   _____

   _____

4. An additional set of guidelines written by the Food and Drug Administration (FDA).

   _____

5. This is used when a lack of scientific knowledge makes it impossible to establish the RDA for a particular nutrient.

   _____

Digestive System Dynamics

Purpose: To summarize the digestive process.

Directions: For each lettered part of the digestive system, write the name of the part and its function in digestion in the space provided after each letter below.

A. _____

B. _____

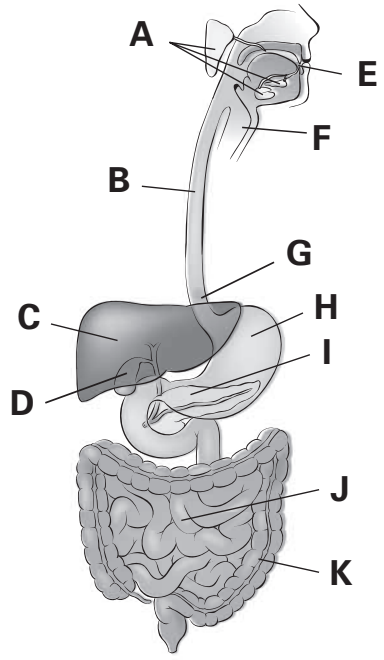
C. _____

D. _____

E. _____

F. _____

G. _____



H. _____

I. _____

J. _____

K. _____

Metabolism in the Body

Purpose: To discuss the role of metabolism in the body.

Directions: Read each numbered statement below. Then complete each sentence by writing the appropriate answer in the space(s) provided to the left of each number.

_____ 1. Through __?__, living cells use nutrients in many chemical reactions that provide energy for vital processes and activities.

_____ 2. First, __?__, or blood sugar, combines chemically with oxygen to produce energy and heat in a process called __?__.
_____

_____ 3. This energy is measured in units called __?__, better known as a(n) __?__. This is the amount of energy needed to raise one kilogram of water one degree Celsius.
_____

_____ 4. __?__ __?__ is the minimum amount of energy necessary for basic body processes, such as breathing. This number is different for everyone and is why energy needs vary from person to person.
_____

_____ 5. Activity level, age, weight, and gender impact the __?__ people need for energy.

_____ 6. Generally, about __?__-__?__ of __?__ are used for __?__ __?__.
_____
_____
_____
_____