***Ch 7/8 Test Review***

1. Foods in the milk/dairy group.
2. Why do we watch the amount of sodium in our diet?
3. Nutrient essential for growth
4. Toast & peanut butter – what food groups
5. Teen’s diets are low in calcium, iron and riboflavin.
6. Who might have special dietary needs
7. Vegetarian diet might be low in….
8. Body weight is ideally measured how
9. Minerals
10. Water
11. Carbohydrates
12. Fats
13. Best way to determine body composition
14. Why do we have to have fat in our diet
15. Two foods in each food group: dairy, protein, fruits/vegetables, grains/breads, fats
16. Three health risks of being overweight
17. Why are fad diets bad for you