Learning Target: I can explain to a patient, two basic principles of a healthy diet and utilize it to during an effective physical conditioning plan.

Key Objectives:

1. Define and correctly spell key terms.
2. Define and classify the six classes of nutrients.
3. Explain energy balance.
4. Identify the five food groups, and list several food sources in each group.
5. Identify the leader nutrients that are supplied by each food group.
6. List five different physical activities, and discuss how they affect caloric expenditures.
7. Define metabolism.

Key Questions:

1. What makes a healthy diet?
2. List the 3 needs food satisfies.
3. List 6 classes of nutrients.
4. What makes a fruit a healthy choice?
5. Under athletes and carbohydrates: in paragraph 4, summarize energy balance.
6. Which foods contain all 9 essential amino acids?
7. When choosing high protein foods, what should athletes consider?
8. How do we maintain a healthy metabolism?

Key Terms: See chapter copy.

Project: you will use notes from this chapter and combine with notes on physical fitness and conditioning and pull them all together…

Review Questions: for this chapter the questions to answer are in the left column.

Attach any notes from class to this chapter as a supplemental resource.

Supplements: Sports Medicine Essential (Clover), [www.khsaa.org](http://www.khsaa.org)