

Unit 1: Review Sheet: Nutrition, Physical Activity and Goal Setting

Name: _____

Period: _____ A B

1. List **internal** influences on food choices

- a.
- b.
- c.
- d.
- e.
- f.

2. List **external** influences on food choices

- a.
- b.
- c.
- d.
- e.
- f.

3. What are the 6 reasons why Americans are obese?

- a.
- b.
- c.
- d.
- e.
- f.
- g.

4. What are calories made up of? _____, _____,

5. What is the key spotlight for each food group?

Fruits: _____

Vegetables: _____

Protein: _____

Grains: _____

Dairy: _____

6. What is an example of a refined grain? _____



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7. What are examples of non-meat proteins? _____

8. Besides dairy products what other foods are rich in calcium? _____

9. Define Osteoporosis: _____

10. How is sugar digested? _____

11. When reading a food label what percentage should try and keep sodium under _____%

12. What are the 4 steps to follow to ensure safety in the kitchen?

a. _____

b. _____

c. _____

d. _____

13. What foods are high in iron? _____

14. What are the 4 components of fitness?

a. _____

b. _____

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c. _____

d. _____

15. What is a healthy BMI and what is an obese BMI? _____

16. When is the most accurate time to take your heart rate? _____

17. What does a lower heart rate indicate? _____

18. What is a healthy heart rate for teens? _____

19. What are risk factors for people who are obese? _____

20. How much exercise do teen males and females needs? _____ a day.

21. What are examples of vigorous exercise? _____

22. What are examples of moderate exercise? _____

23. How many days a week should you participate in vigorous exercise? _____

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24. What are examples of strength exercise? _____

25. What are the 6 steps of the decision-making model?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

26. What does the SMART acronym stand for?

- a. S _____
- b. M _____
- c. A _____
- d. R _____
- e. T _____

27. When setting your goals it is extremely important to plan for? _____



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