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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Chapter 9 Basics of Nutrition

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| **1.** The three basic food groups; proteins, carbohydrates, and fats | **A.** Retinoic acid |
| **2.** Chains of amino acids molecules used in all cell functions and body growth | **B.** Calories |
| **3.** Organic acids that form the building blocks of protein | **C.** Linoleic acid |
| **4.** Can be synthesized by the body and do not have to be obtained from the diet | **D.** B vitamins |
| **5.** Breaks down the basic chemical sugars that supply energy for the body | **E.** Vitamin D |
| **6.** Substance that provides energy to the cells | **F.** Enzymes |
| **7.** Carbohydrate lipid complexes that are good water binders | **G.** Nonessential amino acid |
| **8.** Water binding substance between the fibers of the dermis | **H.** Vitamin k |
| **9.** Carbohydrates made up of one basic sugar unit | **I.** Macronutrients |
| **10.** Sugarsmade up of two simple sugars such as lactose and sucrose | **J.** Amino acids |
| **11.** Carbohydrates that contain three or more simple carbohydrate molecules | **K.** Glycosaminoglycans |
| **12.** Also known as lipids | **L.** Minerals |
| **13.** Water soluble vitamins that interact with other water soluble vitamins and act as coenzymes by an enzymatic reactions | **M.** polysaccharides |
| **14.** Also known as Retin-A, vitamin A derivative has demonstrated an ability to alter collagen synthesis and is used to treat acne and visible signs of acne | **N.** disaccharides |
| **15.** Vitamins and substances that have no calories or nutritional value but are essential for body functions | **O.** Vitamin E |
| **16.** Retinol; an antioxidant that aids in the functioning and repair of skin cells | **P.** Mucopolysaccharides |
| **17.** Fat soluble vitamin; essential for growth and development | **Q.** Carbohydrates |
| **18.** Also known as ascorbic acid; antioxidant needed for proper repair of the skin and tissues | **R.** Monosaccharides |
| **19.** Transretinoic acid, a derivative of vitamin A used for collagen synthesis, hyperigmentation, and for acne | **S.** Tretinoin |
| **20.** Also known as tocopherol; helps protect the skin from the harmful effects of the sun's rays | **T.** Vitamin A |
| **21.** Vitamin responsible for the synthesis of factors necessary for blood coagulation | **U.** Adenosine triphosphate (ATP) |
| **22.** Inorganic materials required for many reactions of the cells and body | **V.** Micronutrients |
| **23.** Omega 6, an essential fatty acid used to make important hormones; also part of the skin's lipid barrier | **W.** Proteins |
| **24.** A measure of heat units; measures food energy for the body | **X.** Fats |
| **25.** Catalysts that break down complex food molecules to utilize extracted energy | **Y.** Vitamin C |