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Nutrients that Provide  
Energy. Types of Fats:

Unsaturated Fats:

vegetable oils, nuts,  
and seeds; eating these  
in moderate amounts  
may lower your risk of  
heart disease.

Saturated Fats: animal-  
based foods such as  
meat and dairy  
products; consuming  
too many may



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increase your risk of heart disease. Trans

Fats:

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Chapter 10 • Lesson 4 Nutrition Labels and Food Safety Lesson 4 Quiz I. Directions In the space provided, write the term from the list that best

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completes the  
statement. 1. A

substance added to

food to improve its

taste, texture, or

appearance is called a

food additive.

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Food Safety

Labels And Food  
Safety

Directions: As you

read, fill in the charts  
below to help you  
organize your notes.

Key Concept New  
and Academic

Vocabulary Q and A

Skim the headings,  
captions, and

highlighted vocabu-  
lary words in this

lesson before reading

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it carefully. Write a

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Chapter 10 Lesson 4:  
Nutrition Labels and  
Food Safety

Introduction: In this  
chapter, you ' ve  
learned about how to  
develop a healthful  
eating plan that is

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right for you. To choose healthful foods, you need to know what nutrients are in the foods you eat. One way to find this information is to read the Nutrition Facts labels packaged foods.

[GHWACH10L4.pdf](#) -

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[Nutrition Labels and](#)

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Labels And Food  
Safety

A vocabulary list featuring health fitness and nutrition. Boost while bolstering your ability to recall key information later on.

Click here to studyprint these flashcards. Chapter 10 chapter 10 lesson 4 nutrition labels and food safety lesson 4

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quiz i. Chapter 10

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Vocabulary Practice

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For Health

Vocabulary Practice

Answer ...

1.) name of food. 2.)

amount of food. 3.)

name/ address of

company. 4.)

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Labels And Food

Safety

ingredients in the food. 5.) nutrition facts label, provides the type of nutrients in the food. Ingredients in food appear on the label .... In descending order by weight (largest weight 1st, smallest is last)

Study 15 Terms |

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Unit 4: Chapter 10:  
Nutrition for Health.  
STUDY. PLAY.

Starches and sugars  
found in foods, which  
provide your body's  
main source of energy.

Carbohydrates. A  
tough complex  
carbohydrate that the  
body cannot digest.

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Labels And Food

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Fiber. Nutrients the body uses to build and maintain its cell and tissues. Proteins.

Unit 4: Chapter 10:  
Nutrition for Health  
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4. Reduced- the food contains 25% fewer calories, or 25% less of a given nutrient, than the original version 5.

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High- provides at least  
20% of the daily

percent value for a  
vitamin, mineral,  
protein, or fiber 6.

Good Source-  
provides 10-19%

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Nutrition for Health

The Importance of

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Create a menu that contains your favorite foods.

Next to each food, write what nutrients you think it provides.

Lesson 1 Use the Foldable® on p. 233 as you read this lesson.

3 Food affects all sides of your health triangle, including your ability to

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concentrate in school.

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vocabulary, terms,

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flashcards, games, and

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Nutrition Label

Basics. Ingredient List.

Appear on the label in descending order.

Food additives:

substances added

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Xpowerpoint

substances in food that your body needs to grow, repair itself, and

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to supply it with

energy. ... 4 health

concerns, nutritious

foods help avoid. ...

carbs, proteins, fats,

vitamins, minerals,

water. [https://quizlet.com/220926490/glen](https://quizlet.com/220926490/glen-coe-health-chapter-10-nutrition-for-health-flash-cards/)

[coe-health-chapter-10](https://quizlet.com/220926490/glen-coe-health-chapter-10-nutrition-for-health-flash-cards/)

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nutrients. Learn

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the space provided,  
write the term from  
the list that best  
completes the  
statement. 1. A  
substance added to  
food to improve its  
taste, texture, or  
appearance is called a  
food additive. 2. The  
amount of a nutrient  
that you need each  
day is its . 3. A disease

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caused by bacteria or  
viruses in food is

known as a . 4.

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Carbohydrates Food

Intolerance Dietary

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dense – A free

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presentation

(displayed as a Flash  
slide show) on

PowerShow.com - id:

56dc3f-ZmI5Y

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~~Math 7~~

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4: Coding for Diabetes

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~~Vedantu Young~~

~~Wanderer B Group~~

~~Vitamins water~~

soluble vitamins

~~Fat Soluble Vitamins~~

~~(Chapter 11) Example~~

of Sampling

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Distribution of the  
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explanation in Hindi

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Distribution of a

Difference between

Two Means The

Water Soluble

Vitamins (Chapter 10)



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Nutrition

Nutrients that Provide Energy. Types of Fats:

Unsaturated Fats:

vegetable oils, nuts, and seeds; eating these in moderate amounts may lower your risk of heart disease.

Saturated Fats: animal-based foods such as meat and dairy

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### Lesson 4 Nutrition

products; consuming too many may

increase your risk of heart disease. Trans Fats:

### Chapter 10: Nutrition for Health

Chapter 10 • Lesson 4 Nutrition Labels and Food Safety Lesson 4 Quiz I. Directions In the space provided,

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Labels And Food

Safety

write the term from the list that best completes the statement. 1. A substance added to food to improve its taste, texture, or appearance is called a food additive.

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Directions: As you read, fill in the charts below to help you organize your notes.

Key Concept New  
and Academic

Vocabulary Q and A

Skim the headings, captions, and

highlighted vocabu-

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Chapter 10

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Safety

lary words in this lesson before reading it carefully. Write a

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Chapter 10 Lesson 4:  
Nutrition Labels and  
Food Safety

Introduction: In this chapter, you ' ve learned about how to

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Labels And Food

Safety

develop a healthful eating plan that is right for you. To choose healthful foods, you need to know what nutrients are in the foods you eat. One way to find this information is to read the Nutrition Facts labels packaged foods.

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...  
A vocabulary list featuring health fitness and nutrition. Boost while bolstering your ability to recall key information later on.

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nutrition labels and  
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Answer ...

1.) name of food. 2.)

amount of food. 3.)



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name/ address of  
company. 4.)

ingredients in the  
food. 5.) nutrition facts  
label, provides the  
type of nutrients in the  
food. Ingredients in  
food appear on the  
label .... In descending  
order by weight  
(largest weight 1st,  
smallest is last)

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Starches and sugars  
found in foods, which  
provide your body's  
main source of energy.

Carbohydrates. A

tough complex

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carbohydrate that the body cannot digest.

Labels And Food Safety

Fiber. Nutrients the body uses to build and maintain its cell and tissues. Proteins.

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4. Reduced- the food contains 25% fewer calories, or 25% less of

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a given nutrient, than the original version 5.

High- provides at least 20% of the daily percent value for a vitamin, mineral, protein, or fiber 6.

Good Source- provides 10-19%

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The Importance of  
Nutrition Create a  
menu that contains  
your favorite foods.

Next to each food,  
write what nutrients  
you think it provides.

Lesson 1 Use the  
Foldable® on p. 233  
as you read this lesson.

3 Food affects all sides  
of your health

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triangle, including  
your ability to  
concentrate in school.

Describe

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Nutrition Label

Basics. Ingredient List.

Appear on the label in  
descending order.

Food additives:

substances added

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substances in food that



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your body needs to  
grow, repair itself, and  
to supply it with

energy. ... 4 health  
concerns, nutritious  
foods help avoid. ...

carbs, proteins, fats,  
vitamins, minerals,  
water. <https://quizlet.com/220926490/glen-coe-health-chapter-10-nutrition-for-health-flash-cards/>.

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the space provided,  
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amount of a nutrient

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that you need each day is its . 3. A disease caused by bacteria or viruses in food is known as a . 4.

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slide show) on  
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