

**Nutrition/Fitness/Heart Disease/Cancer
Study Guide**

Review chapters: 10, 11, 12, and 25

Vocab words – Define these terms:

- Carbohydrates
- Fats
- Proteins
- Water
- Vitamins
- Minerals
- HDL
- LDL
- Systolic
- Hypertension
- Cardiovascular Disease
- Non-communicable Disease
- Diastolic
- Atherosclerosis
- Arteriosclerosis
- Metastasis
- Tumor
- Carcinogen
- Biopsy
- Benign
- Malignant

1. What are the 6 basic nutrients and what are their functions?
2. Which cooking method tends to make food high in fat?
3. What type of fat is considered to be good fat?
4. What are the 3 eating disorders? Which is most common?
5. According to dietary guidelines, teens should be physically active for how long each day?
6. List the 5 components of health related fitness.
7. What is a normal (healthy) blood pressure reading?
8. What is the bottom number called in a blood pressure reading (while the heart is at rest)?
9. What is the top number called in a blood pressure reading (while the heart is beating)?
10. Age, gender, and genetics are all what type of risk factor?
11. How is a heart attack similar to a stroke?
12. What is the most common type of cancer amongst men and women?