

**Activity 2.2.2: Nutritional Terms Chart**

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| Category | Definition | Importance |
| **Serving Size** | Amount of food or drink generally served | Used by consumers to maintain weight |
| **Calories** | Energy in food | Energy is needed for life |
| **Total Fat** | Sum of all fat (saturated and unsaturated) in food | Stores nutrients, but can lead to health issues |
| **Unsaturated Fat** | Contains double bonds between carbons, liquids (oils) | Insulation, energy, protection |
| **Saturated fat** | Solids (butter), contain single bonds between carbons | Insulation, energy, protection |
| **Trans Fats** | Type of unsaturated fat, BAD fat | So consumer can monitor/limit intake |
| **Cholesterol** | Type of fat that is carried in blood; types= HDL and LDL  Ring shaped | Important component of cell membranes |
| **Sodium** | Mineral found in salts that are surrounding cells | Regulates blood pressure and volume; important in nervous and muscle system function |
| **Carbohydrates** | Organic molecule that contains CH2O | Preferred source of energy |
| **Fiber** | Indigestible dietary material from plants that contains cellulose; type of carbohydrate | Nutrient in food that helps with digestion |
| **Sugar** | “saccharides”; ex. Glucose; type of carbohydrate | Quick source of energy |
| **Protein** | Polymer made of amino acids; | Helps rebuild/repair muscle tissues, enzymes, hormones |
| Minerals\*   * Calcium * Iron | Element required by living organisms  Main part of hemoglobin (blood protein that carries oxygen) | Plays a role in cell structure and function of muscle and nervous tissue; important in bones  Plays a role in oxygen transportation |
| Vitamins\*   * Vitamin A * Vitamin C | Organic compound that is important for healthy diet  Organic compound that is important for healthy diet | Important in vision  Important in immune system function and wound healing |

\* Foods contain other important minerals and vitamins. The most common vitamins and minerals displayed on food labels have been included for this activity.