

## Lesson 1

# The Importance of Nutrition

## Guide to Reading

### ● Building Vocabulary

Write the terms you think you know in your notebook. Add a definition in pencil. As you read the lesson, be prepared to correct your definitions.

- nutrients (p. 235)
- nutrition (p. 235)
- appetite (p. 236)
- hunger (p. 236)

### ● Focusing on the Main Ideas

In this lesson, you will learn to

- **explain** why the body needs nutrients.
- **identify** factors that influence which foods you choose.
- **describe** how emotions can affect your food choices.

### ● Reading Strategy

**Making Inferences** Look briefly at the headings, figures, and captions in the lesson. Based on the words and images you see, what do you think you will learn in this lesson?

**FOLDABLES Study Organizer** Use the Foldable™ on p. 233 as you read this lesson.

## Quick Write

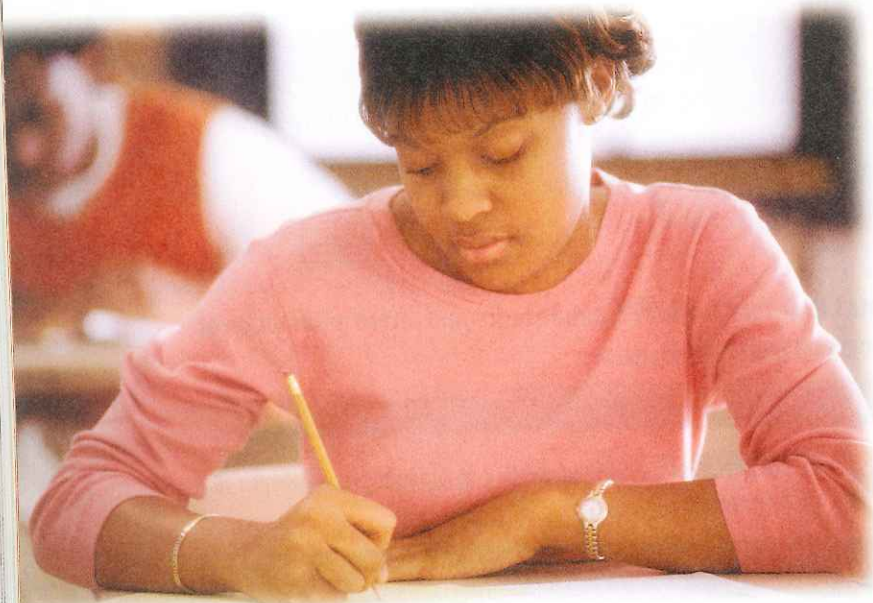
Create a menu that contains your favorite foods. Next to each food, write what nutrients you think it provides.

## The Role of Food

Food, like water and air, is one of life's necessities. Your relationship to food affects all three sides of your health triangle. For example, if you do not eat breakfast before going to school, you might have a hard time focusing in class. Have you ever had days when you could not seem to concentrate because you were hungry?

That was your body's way of telling you that it was running low on fuel. Your body needs food to function properly. Choosing healthy foods is a positive behavior that can help you prevent certain health problems.

- ◀ Food affects all sides of your health triangle, including your ability to concentrate in school. **Describe other effects food has on your health triangle.**



## Food, Nutrients, and Nutrition

Your body depends on nutrients in food to function properly throughout the day. **Nutrients** are *substances in food that your body needs*. They help the body build new tissue, repair damaged cells, and produce energy. The energy from food is measured in units called calories. Each calorie is equal to a certain amount of energy. Chocolate, for example, is high in calories but provides few nutrients. Fruit, on the other hand, has few calories but has more nutrients the body needs. Calories are further discussed in Lesson 3.

There are two main kinds of nutrients: those that provide energy and those that help your body run smoothly. Proteins, carbohydrates, and fats are examples of nutrients that provide energy. Vitamins, minerals, and water are examples of nutrients that help the body run well.

Which nutrients does your body need the most? The best way to answer that question is to learn about **nutrition**—*the study of nutrients and how the body uses them*. Someone who eats well-balanced meals with plenty of fresh fruits and vegetables has good nutrition. Eating well-balanced meals is a good way to promote good health and prevent diseases.

**Reading Check** Define What are nutrients?

## What Influences Your Food Choices?

Now you know why it is important to eat—but have you ever thought about how people decide *what* to eat?

Yoshi, who grew up in Japan, prefers miso soup and rice for breakfast, while his American friend Carl likes cereal and milk. Both Yoshi's and Carl's tastes in food are influenced by their families' cultural backgrounds.

Another factor that influences the foods many people choose to eat is availability. Melissa's family enjoys fresh fruits and vegetables. The meals they prepare depend on which foods are in season. **Figure 10.1** shows several other factors that influence which foods we choose to eat.

▼ **FIGURE 10.1**

## INFLUENCES ON FOOD CHOICES

Your family and culture is one influence on the foods you eat. **Which factors in this figure play the biggest role in your personal food choices?**



## Connect To... Science

### Scientific Advancements and Eating Habits

The microwave and frozen foods are examples of advancements in science that have affected the eating habits of many people. Convenience is one benefit of using a microwave. Cooking frozen food takes less time than putting together a meal from scratch.

**Can you think of other scientific advancements that have influenced eating habits?**

### Health Online

Visit [health.glencoe.com](http://health.glencoe.com) and complete the Interactive Study Guide for Lesson 1.

## Appetite and Hunger

Another factor that influences what you choose to eat is **appetite**, or *the psychological desire for food*. The aroma of fresh-baked bread, for example, might make you crave a piece of toast, even if you are not hungry. Psychological desires for food are often connected to memories and feelings. If the smell of fresh-baked bread reminds you of happy times with your family, you might feel like eating some even if your body does not really need fuel at the moment.

People sometimes confuse hunger with appetite. **Hunger** is *the body's physical need for food*. It is important to learn to tell the difference so that you will know why you eat. This will help you make healthy choices when it comes time to satisfy your body's physical need for food. You will learn more about how to make healthy choices later in this chapter.

## Food and Emotions

In addition to appetite and hunger, emotions also influence your food choices. Foods bring up feelings connected to past experiences. For example, certain foods may remind you of loved ones or of fun times. If a food is associated with a pleasant or comforting memory people often crave it even when they are not hungry. The craving can be especially strong when people feel sad, lonely, or discouraged. What they are really craving, however, is not the food, but the pleasant emotions associated with the food. Using food in this way is not a good idea because it can lead to unhealthy eating habits and weight problems. Healthier ways to cope with negative feelings include writing in a journal, listening to music, and talking to a friend.

### Reading Check

**Recall** List four factors that influence what a person chooses to eat.

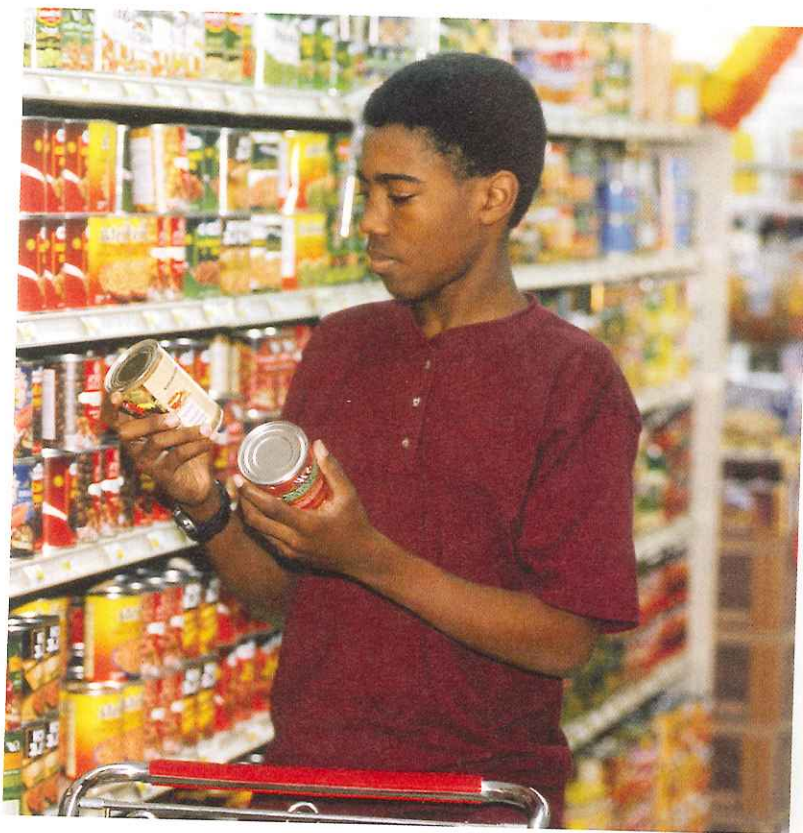
## Meeting Nutrient Needs

All bodies need the same nutrients, but the amount a body needs depends upon the person's age, gender, general health, and level of activity. When you do not get enough of a particular nutrient, you could have a *nutrient deficiency*, a shortage of a nutrient.

As a growing teen on the go, your energy demands are greater than those of an older person who is less active. You also need calcium to build strong bones and teeth. A calcium deficiency could affect the strength of your bones as you get older. You also need iron to help your body make enough red blood cells as you grow. A shortage of iron can lead to a blood disease called anemia.

In general, teens need more of most nutrients to support growth and satisfy energy needs.

Most people in the United States get plenty of food, yet many still do not get the nutrients they need. This is partly because of lifestyles that include too much fast food and foods that are high in fat and sugar. Eating low-nutrient, high-fat foods, along with overeating, can lead to long-term health problems such as obesity, diabetes, heart disease, and cancer. Developing healthy eating habits, which includes limiting high-fat and high-calorie foods, is your best defense against poor nutrition.



- ▲ Food labels can tell you which nutrients are in a product, as well as how much fat and calories. **Why is it important to provide your body with enough nutrients?**

## Lesson 1 Review

### After You Read

Review this lesson for new terms, major headings, and Reading Checks.

#### What I Learned

1. **Vocabulary** Define *appetite*, and explain how it can affect which foods you choose to eat.
2. **Recall** What do nutrients do for your body?
3. **Describe** What role do emotions play in your food choices?

#### Thinking Critically

4. **Apply** Which factors do you think influence a teen's food choices the most? Explain your answer.

5. **Analyze** How is it possible to have plenty of food and yet be poorly nourished?

#### Applying Health Skills

6. **Accessing Information** Using online or print resources, locate a country that has famine problems. Research the causes of the famine and what steps are being taken to solve the problem. Share your findings with your classmates.