

# Nutrition and Fitness

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Nutrition

Exercise

Dieting

True or False

Vocabulary

100

100

100

100

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200

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-This is the most vital nutrient

What is water



-This is the main source of energy  
for the body.

What are carbohydrates



-These are made of amino acids  
which build body tissue

# What are proteins



-This nutrient does not provide energy, but is essential for growth

What are vitamins



-This nutrient is made of fatty acids, and provides energy to the body.

# What are fats



To burn calories that are stored as fat, what type of exercise do you need to do?

# What is Aerobic Exercise



-This type of resistance training involves resistance through an entire range of motion.

# What is Isokinetic Exercise



-This activity combines muscle contraction with repeated movement

# What is Isotonic Exercise



What does F.I.T mean?

F- frequency

I- intensity

T- time



-This activity uses muscle tension to improve muscular strength with little or no movement of the body.

# What is Isometric Exercise



This eating disorder involves self-starvation combined with extensive exercise.

# What is Anorexia



This eating disorder involves binge eating followed by vomiting or laxative use.

# What is Bulimia



What does healthy dieting do to  
you metabolism?

What is increases your metabolism



How do calories relate to gaining  
or losing weight?

What is extra calories would be  
stored as fat.



What should you do to control your weight in a healthy way?

What is lower the set-point and  
raise you metabolism.



Lower metabolism makes it harder to gain weight and easier to lose it.

False. Lower metabolism makes it easier to gain weight and harder to gain it.



If you don't use calories they will  
be stored as fat.

True



Exercising does not raise your  
metabolism.

False. Exercising does raise your metabolism.



The highest level of the old food pyramid contains the foods you should eat most often.

False. The highest level of the old food pyramid contains the food you should eat sparingly.



Regular aerobic exercise can raise  
your set point

False.



-This is the ability to move a body part through a full range of motion.

# What is Flexibility



-This is the amount of force a muscle can exert.

# What is Muscular Strength



-This is the ability to carry out daily tasks easily and have enough energy to respond to unexpected demands.

# What is Physical Fitness



-This is the ability of the muscles to do difficult physical tasks over a period of time without causing fatigue.

# What is Muscular Endurance



-This is the ratio of body fat to lean body tissue, including muscle, bone, water, and connective tissue such as ligament, cartilage and tendons.

# What is Body Composition

