

Review/Summary Questions

1. Is Glucose (sugar) an organic compound? T F
2. _____ is a fast source of energy.
3. _____ makes up cells.
4. The tastiest food is _____ with 9 calories.
5. The five constructive factors of food are; balance, caloric value, variety, _____, and _____
6. When looking at food labels, what do you need to pay attention to the most?
7. What is the best diet?