

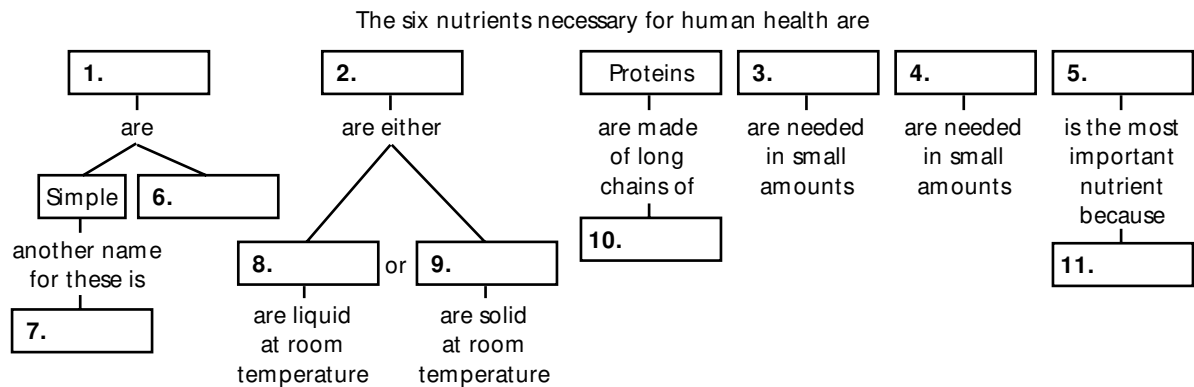
## SECTION 16-1

## REVIEW AND REINFORCE

# Food and Energy

### ◆ Understanding Main Ideas

Fill in the blanks in the concept map below.



Answer the following questions in the spaces provided.

12. Nutrients provide two things that are necessary for body processes. What are these two things?

---



---

13. What is the difference between a calorie and a Calorie?

---



---

### ◆ Building Vocabulary

Answer the following questions in the spaces provided.

14. What is the Food Guide Pyramid used for?

---



---



---

15. What is a Percent Daily Value?

---



---



---