**Cooking and Nutrition**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Essential Nutrients**

***Knowledge Rating Chart***

Check your knowledge of each of these terms. Place an X in the appropriate column.

|  |  |  |  |
| --- | --- | --- | --- |
| **Terms** | **Understand/ Can Apply term** | **Heard of it** | **No Clue** |
| **Vitamin A** |  |  |  |
| **Complex Carbohydrates** |  |  |  |
| **Nutrients** |  |  |  |
| **Transfatty Acids** |  |  |  |
| **Calcium** |  |  |  |
| **Protein** |  |  |  |
| **Simple Carbohydrates** |  |  |  |
| **Monounsaturated Fats** |  |  |  |
| **Hydrogenated Fats** |  |  |  |
| **Deficiency** |  |  |  |