**Nutrition Study Guide:**

Define and their purpose in the body.: Calories, Carbohydrates, Proteins, Minerals, Vitamins

How to convert someone’s weight in pounds in to kilograms.

Calculate a person daily calorie needs

**Eating Disorders**

Define: Anorexia, Bulimia, Eating Disorder, Binge and Purge.

 Name signs of symptoms of each disorder

Three forms of help from eating disorders

Causes of eating disorders

**What is a steroid?**

Are they legal?

Effects of steroid use 5

**Hydration:**

**How much water should a person consume everyday?**

**After exercise how much water should be put back into your body?**

**What three things will be put back into your body from a sports drink?**

**Three things a sports drink should accomplish?**

**Name the three types of sports drinks, and what type of athlete should consume each one.**