

Skills Worksheet

Directed Reading

Lesson: Nutrition and Your Health

1. Food contains _____ which your body needs to function properly.

WHAT IS NUTRITION?

- _____ 2. Your body uses nutrients for
a. energy.
b. growth.
c. healthy teeth and skin.
d. All of the above
3. The substances in food which help your body grow, stay healthy, and keep active are called _____.
4. Nutrition is the study of how our bodies use food to stay _____.

5. Practicing good nutrition means eating _____ foods.

6. List three daily activities that good nutrition helps you do.
-
-
-
-

HOW YOUR BODY USES FOOD

7. Your body uses _____ like a car uses fuel.
8. When you eat food it passes down your _____ into your stomach.
9. When food reaches your stomach, _____ break the food down into smaller parts.
10. These smaller parts pass into your _____, where they are broken down into _____.
11. Nutrients enter your _____ and are carried to your liver.

Directed Reading *continued*

12. In the liver the nutrients are broken down into even

_____ parts.

13. List three things your body uses nutrients for.

Lesson: The Nutrients You Need

14. Carbohydrates, proteins, fats, vitamins, minerals, and water are the six
_____ nutrients.

THE SIX ESSENTIAL NUTRIENTS

15. The amount of energy your body gets from a food is measured in
a. Calories.
b. nutrients.
c. elements.
d. carbohydrates.

16. Three kinds of nutrients give your body energy. These are carbohydrates,
_____, and fats.

17. Vitamins, minerals and water do not have any _____.

18. Vitamins, minerals and water help your body use other
_____.

CARBOHYDRATES

19. The two types of carbohydrates are
a. sugars and starches.
b. rice and pasta.
c. fruits and breads.
d. sugar and spice.

20. Foods which contain _____ include table sugar, honey,
and fruits.

21. Foods that contain _____ include rice, pasta, and bread.

Directed Reading *continued*

PROTEINS

22. What do proteins help you build?

23. Your body breaks down the proteins you eat into _____.

FATS

24. Fats help your body store some _____ and produce

25. Your body needs a _____ amount of fat to work properly.

26. _____ fats are found in butter, sour cream, cream cheese, and meats such as beef and pork.

27. _____ fats are found in cooking oils and salad dressings.

VITAMINS

28. Vitamins help your body use the _____ provided by other nutrients.

29. Vitamin C is found in orange juice and broccoli. It helps your body fight

30. You can get Vitamin A from carrots or sweet potatoes. What are some things Vitamin A does for your body?

31. Which type of vitamin can help your concentration?

Directed Reading *continued*

MINERALS

32. Minerals are _____ that help your body to function properly.

33. Iron is a mineral. You can get iron from spinach and _____.

34. Iron helps your _____ transport oxygen.

WATER

35. Which is the most important nutrient?

- a.** fat
- b.** protein
- c.** water
- d.** carbohydrate

36. More than _____ of your body is made of water.

37. Water helps your body _____ food, transport _____, and maintain a steady _____.

38. To replace the water you lose, how much water should you drink each day?

39. If you don't drink enough water, your body will dry out, or _____.

Lesson: Eating for Life

40. There are three guides that can help you pick the healthiest foods to eat. They are the Food Guide _____, the _____ Facts label, and the _____ for Americans.

THE FOOD GUIDE PYRAMID

41. You should try to eat foods from each group in the Food Guide Pyramid

- a.** every day.
- b.** every week.
- c.** once a month.
- d.** None of the above

Directed Reading *continued*

- _____ **42.** The Food Guide Pyramid
a. helps you decide which types of food to eat.
b. helps you decide how much of a food to eat.
c. is made up of six food groups.
d. All of the above
- _____ **43.** Which of these foods belongs to the smallest block on the Food Guide Pyramid?
a. hamburger meat
b. chocolate
c. tomato
d. milk
- 44.** The larger the block in the Food Guide Pyramid, the _____ of that type of food you should eat each day.
- 45.** Which group has the largest block on the Food Guide Pyramid?

THE NUTRITION FACTS LABEL

- _____ **46.** Which of these important nutrition facts can be found on the Nutrition Facts label?
a. Calories
b. serving size
c. daily value of nutrients
d. All of the above
- 47.** The _____ is found on the outside packages of food.
- 48.** The daily value of a nutrient is the _____ of your daily nutrient need that the food contains.
- 49.** A daily value of 20 percent or more means that a food is _____ in that nutrient.
- 50.** A daily value of _____ percent or less means that a food is low in that nutrient.

Directed Reading *continued*

GUIDELINES FOR GOOD NUTRITION

- _____ **51.** The Dietary Guidelines for Americans suggest looking for foods which are low in
- a.** fiber, fat, and vegetable oil.
 - b.** salt, sugar, and fat.
 - c.** Calories, serving size, and nutrients.
 - d.** All of the above
- _____ **52.** The Dietary Guidelines for Americans also suggest
- a.** eating plenty of fruits and vegetables.
 - b.** storing foods properly.
 - c.** getting plenty of exercise.
 - d.** All of the above
- 53.** The Dietary Guidelines for Americans are a set of tips to help you practice good _____.
- 54.** The Dietary Guidelines for Americans suggest you take part in activities that make you _____.

Answer Key

Directed Reading

LESSON: NUTRITION AND YOUR HEALTH

1. substances
2. d
3. nutrients
4. healthy
5. healthy
6. play with friends, study for school, be physically active
7. food
8. esophagus
9. juices
10. intestines, nutrients
11. blood
12. liver
13. energy, maintain your health, build strong bones and teeth

LESSON: THE NUTRIENTS YOU NEED

14. essential
15. a
16. proteins
17. Calories
18. nutrients
19. a
20. sugars
21. starches
22. body tissues and strong muscles
23. amino acids
24. vitamins, hormones
25. small
26. Solid
27. Liquid
28. energy
29. germs
30. Vitamin A helps keep your eyes healthy, and is necessary for healthy hair and skin.
31. Vitamin B-12
32. elements
33. red meat
34. blood
35. c
36. half
37. digest, nutrients, temperature
38. 8 to 10 glasses
39. dehydrate

LESSON: EATING FOR LIFE

40. Pyramid, Nutrition, Dietary Guidelines
41. a
42. d
43. b
44. more
45. breads, cereal, rice, and pasta
46. d
47. Nutrition Facts label
48. percent
49. high
50. 5
51. b
52. d
53. nutrition
54. move your body

Concept Mapping

LESSON: NUTRITION AND YOUR HEALTH

Answers may vary. Sample answer:
Digestion involves *chewing*, which takes place in the *mouth*; *swallowing*, in which food travels down the *esophagus*; *digesting*, which begins in the *stomach*; and *absorption*, which mainly occurs in the *intestines* and passes *nutrients* to the *blood*.

LESSON: THE NUTRIENTS YOU NEED

The six essential nutrients are *carbohydrates*, which give you *energy*; *vitamins*, which control several body *functions*; *proteins*, which build and heal body *tissues*; *minerals*, which include *iron*, *calcium*, *sodium*, and *potassium*; *fats*, which help your body produce *hormones*; and *water*, which prevents *dehydration*.

Concept Review

LESSON: NUTRITION AND YOUR HEALTH

1. 2, 5, 4, 1, 6, 3
2. Answers may vary. Sample answer:
 Eating is the physical act of giving your body food. Nutrition is the study of how what we eat affects our health.