

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*

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**12.** In the liver the nutrients are broken down into even \_\_\_\_\_ parts.

**13.** List three things your body uses nutrients for.

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**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*

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**PROTEINS**

**22.** What do proteins help you build?

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**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?

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**31.** Which type of vitamin can help your concentration?

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## Directed Reading *continued*

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### 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*

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\_\_\_\_\_ **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*

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**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.