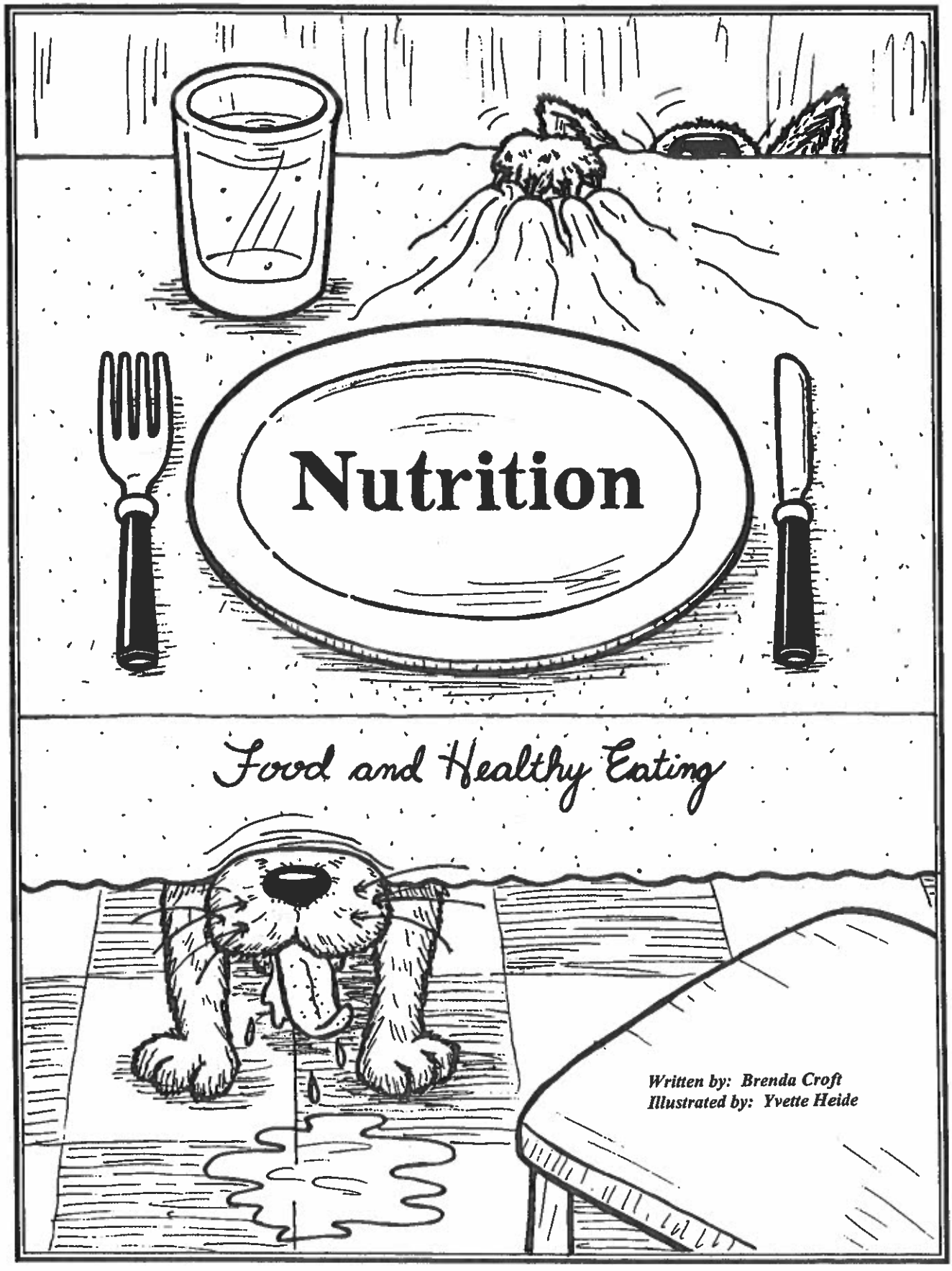


Written by: Brenda Croft
Illustrated by: Yvette Heide

RAINBOW HORIZONS PUBLISHING

EAT FOODS FROM EACH GROUP EVERYDAY FOR HEALTH

MILK & MILK SUBSTITUTES

MEAT & MEAT SUBSTITUTES

BANNOCK, BREADS & CEREALS

VEGETABLES, FRUITS & BERRIES

Northern
The way to HEALTHY LIVING

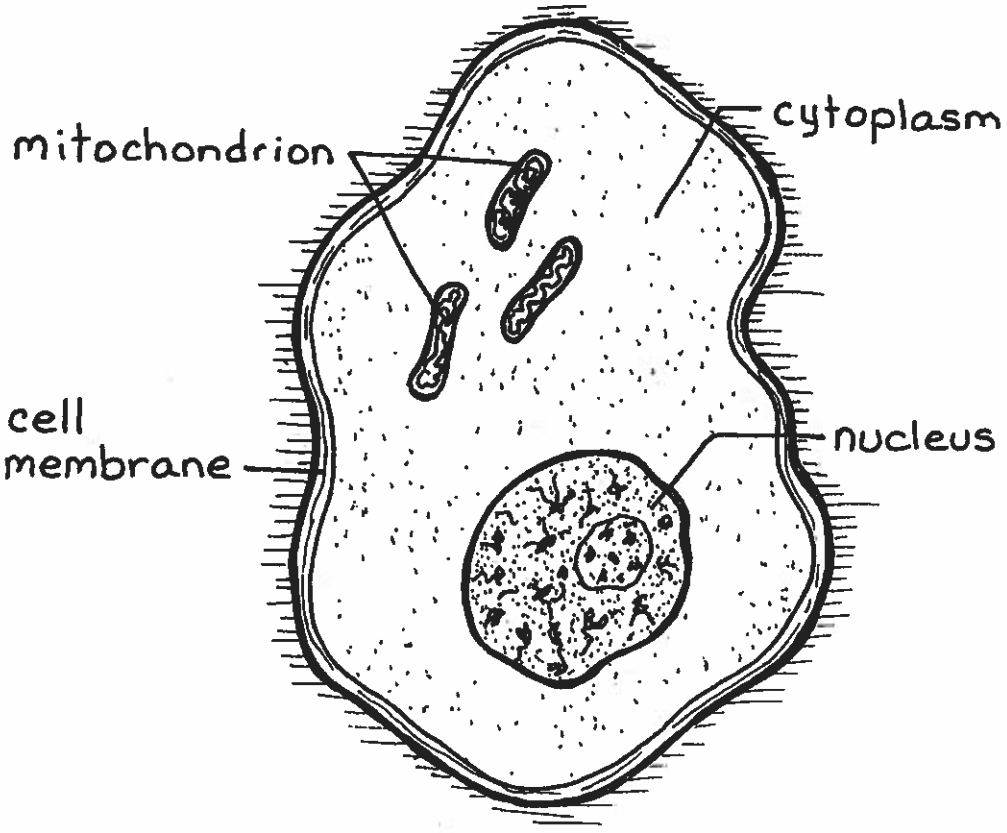
LESSON 1

Nutrition

- Basic **nutrition** is how our bodies use the food we eat.

- Eating the right foods throughout our life is one of the ways to help our bodies stay healthy. Other ways to stay healthy include getting enough exercise and sleep.

- **Cells** are the smallest living part of our body. All cells need oxygen in order to use the nutrients from the food. All **cells** in our bodies need food. The food eaten will be digested to produce the special nutrients needed to carry out our body functions.



LESSONS 2 AND 3

Digestion

- Inside each cell, the food we eat is broken down into chemical changes by **digestion**. The oxygen we breathe combines with these chemical changes. The result is **energy** being released. Energy is the ability of our body to do work.

- Different foods provide our bodies with different amounts of energy.

- **Digestion** is the process by which food is broken down or changed in our body, so that the body can use the nutrients from the food.

- Our bodies need certain daily nutrients to maintain good health. The food taken into our bodies helps our body's cells to **grow**, **repair**, and **reproduce**. In order for this to happen, our food needs to be digested or broken down into the nutrients. The body can then use these nutrients.

- Digestion begins in our mouth. The food is chewed and is mixed with saliva (digestive juice in your mouth). **Saliva** is produced by the salivary glands. The saliva contains chemicals that begin to change or break down our food.

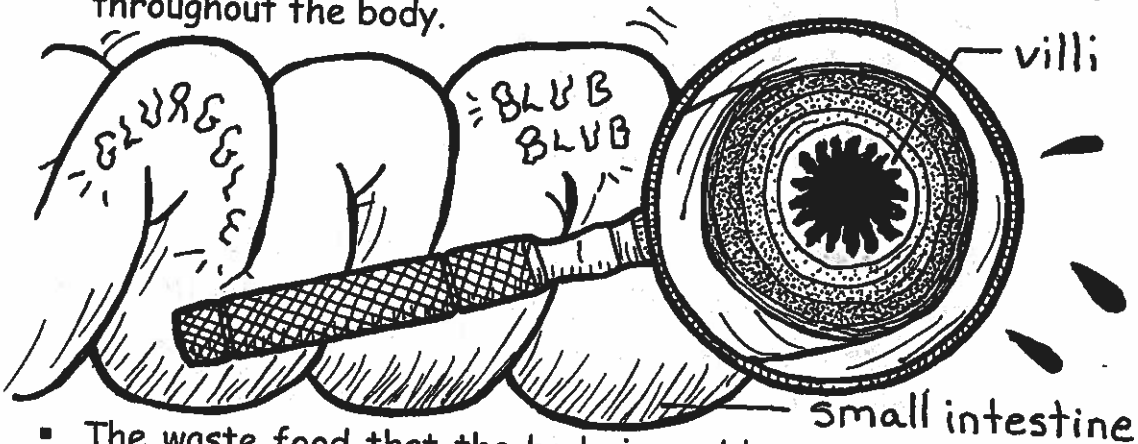
- The food is then swallowed and passes down though the **esophagus tube**. This tube is made of muscle and slowly squeezes our food into our stomach.

- In the **stomach**, our food is squeezed and mashed up into a paste. More digestive juices help to further break down the food in your stomach.

- From our stomach, the our food moves into the **small intestine**. Before entering the small intestine, the **liver** produces bile and the **pancreas** produces pancreatic juices that further help to break down the food.

- Once the food enters the small intestine, it becomes very watery. This is when our body can begin to use the digested foods.

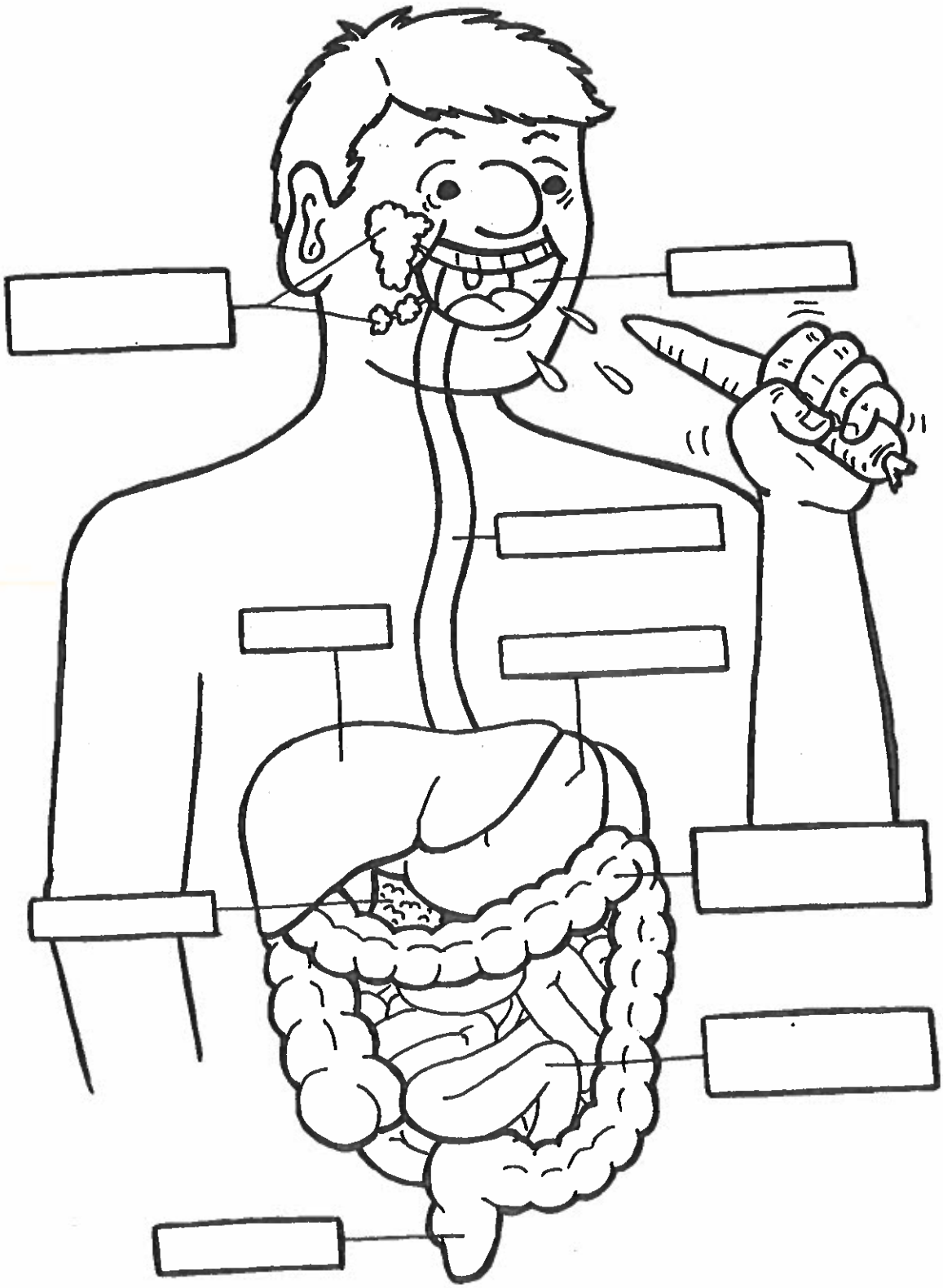
- It is in the small intestine that the nutrients from the liquid food pass into the blood vessels through the **villi**. The villi are finger-like threads on the inside walls of the small intestine that deliver the nutrients to the blood stream. The blood then delivers the nutrients to the cells throughout the body.



- The waste food that the body is unable to use passes into the **large intestine**. Here, the large intestine soaks up the liquid from the waste. The waste is then passed out of the body through the rectum.

- It takes about 24 hours for our body to digest food.

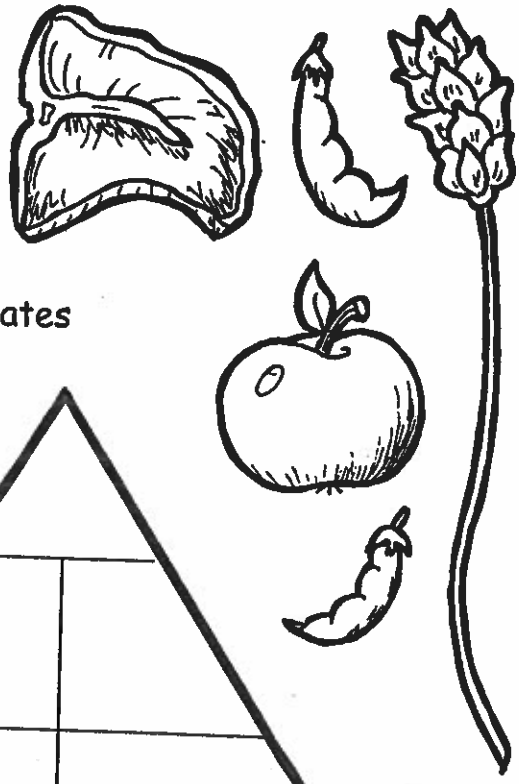
Diagram of Our Digestive System



LESSONs 4 and 5

Basic Food Groups

The foods we eat are divided into food groups. In this way we can plan our meals and have a healthy diet. Our diet is made up of the various foods an individual eats each day.

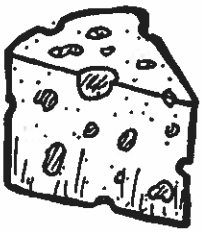


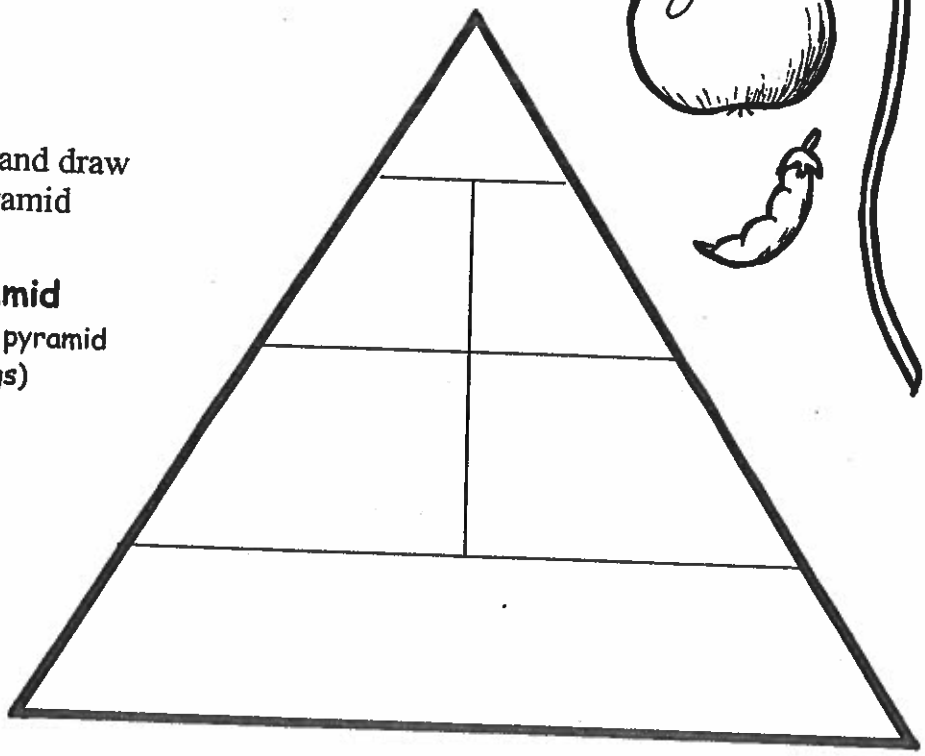
Six Basic Food Groups:

1. Breads and Cereals
2. Milk and Milk Products
3. Fruits
4. Vegetables
5. Meat, Fish, Poultry, and Alternates
6. Fats and Sugars

Label categories and draw foods in food pyramid

The Food Pyramid
(as we move up the pyramid we use less servings)





Breads and Cereals

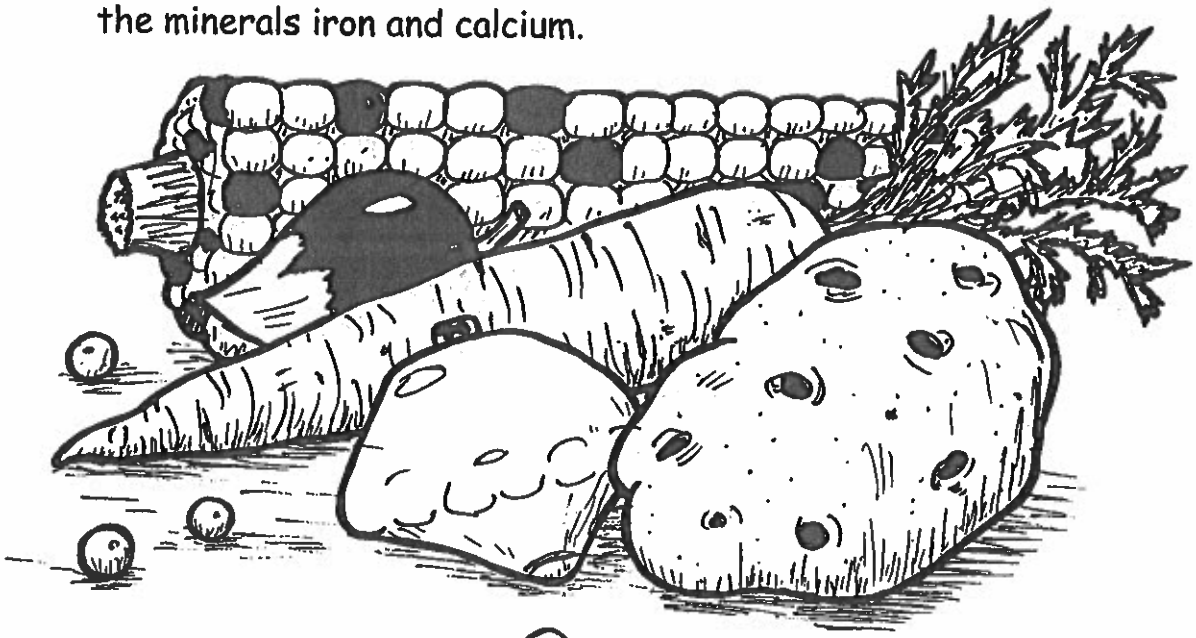
- This group contains foods most often made from wheat, oats, rice, barley, corn, and flax.
- Breads and cereals keep our bones and muscles strong.

Milk and Milk Products

- Milk is one of our most important fluids and contains the nutrient calcium.
- Milk and Milk Products build healthy bones and teeth.
- Milk products such as cheese, butter, sour cream, and ice cream are rich in calcium and vitamin D. Vitamin D is usually added to the milk at the dairy.

Vegetables

- Vegetables are good snacks. We need at least 2 servings of vegetables daily.
- Vegetables supply our bodies with Vitamins A, B, C, and with the minerals iron and calcium.



- Vegetables can grow both above and below the ground.

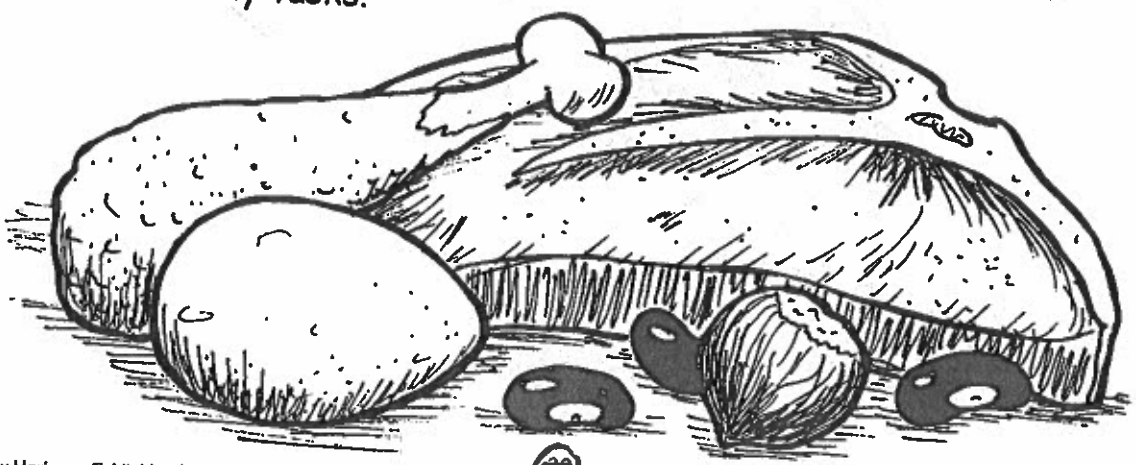
Above the Ground		Below the Ground	
cabbage	peas	carrots	parsnips
spinach	corn	beets	radishes
lettuce	beans	onions	yams
tomatoes	cucumber	turnips	rutabagas
Cauliflower	broccoli	Potatoes	horseradish

Fruits

- Fruits are good snacks.
- Fruits provide our body with the Vitamins B and C that are necessary for proper growth.
- Fruits grow on trees (apples, oranges, cherries), vines (grapes), and bushes (raspberries, strawberries, black currants).

Meat, Fish, Poultry, and Alternates

- This food groups helps our body to make new cells and take care of them.
- The meat group also gives us plenty of energy to complete our daily tasks.



Food Group	Nutrients	Food Source
Breads and Cereals	Carbohydrates	bread, pasta, rice, cereals, corn, potatoes, grains, pizza crust, porridge, pastry, buns
Milk and Milk products	Vitamin A Vitamin D (enriched) Minerals Protein Fats Calcium	milk, cream, butter, cheese, yogurt, sour cream, cottage cheese
Fruits	Vitamins B, C Minerals	oranges, grapefruit, pears, apples, tomatoes, lemons, berries, grapes, cherries, peaches, bananas
Vegetables	Vitamins A, B, C Minerals	carrots, beans, lettuce, spinach, corn, peas, broccoli, cauliflower, squash, brussel sprouts, cabbage, peppers, radishes, cucumber
Meat, Fish, Poultry and Alternates	Protein Minerals Vitamins A, B, D Fat	beef, pork, eggs, fish, chicken, turkey, duck, lamb, milk, cheese, dried beans, nuts, eggs
Fats	Fat	meat, butter, oil, nuts, olives, cream, bacon, margarine, shortening, egg yolk
Sugars	Sugar	candy, pop, cakes, cookies, donuts, ice cream

- All foods contain certain nutrients that our body uses in order for us to stay healthy.

- It is necessary to know about the nutrients that are in the foods that we eat. This helps us to choose healthy foods wisely.

Name _____ Date _____

LESSONS 6, 7, and 8

Nutrients

There are 6 basic nutrients in our food:

1. **carbohydrates**
2. **protein**
3. **fat**
4. **vitamins**
5. **minerals**
6. **water**

- **Nutrients** are chemical substances that are found in the food we digest. These nutrients are required to build and sustain our body cells, control body processes, and provide our bodies with the energy needed to carry out activities.

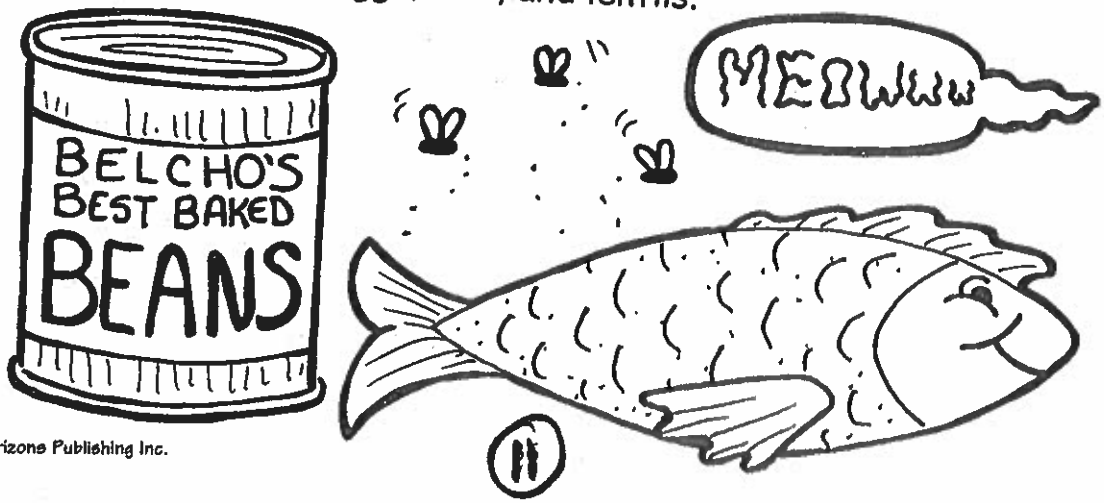
1. Carbohydrates

- **Carbohydrates** give our bodies energy and help us to grow, work, and play.
- If you eat too many carbohydrates, your body stores them as starches and finally as fat.
- Starch is found in breads, cereals, whole grains, pasta, rice, potatoes, pastries, and also in many vegetables.
- **Starch and sugar are carbohydrates.** They both give our bodies quick energy. When they are not used for energy, they are stored in our body as fat.
- The sugar that is good for us is found in such foods as raw fruit and unsweetened fruit juices. The sugar we eat (in such foods as cereals, cakes, honey, biscuits, cakes, chocolate, sweetened drinks, jam, cookies, and other sweets) comes from sugar cane and sugar beets.

- Sugar has no nutrients. It mainly is used to make our food taste better. Sugar has a high-energy value.
- Another name for ordinary table sugar is **sucrose.**
- During digestion, all carbohydrates change into a sugar called **glucose.**
- **Fructose** is the natural sugar that is produced in fruit and vegetables.

2. Protein

- **Proteins** assist your body to grow strong bones, teeth, hair, tissues, and muscles. Therefore, **proteins are the building blocks of our body.**
- Protein also helps our body to grow and repair itself as well as make new body cells.
- Animal sources of protein contain more of the necessary amino acids than plant sources do. Proteins are made up of substances called **amino acids.** There are 22 amino acids. There are 14 amino acids made by our body. The other 8 essential amino acids come from the foods we eat.
- Sources of protein are: meats, fish, chicken, nuts, cereals, beans, cheese, eggs, milk, and lentils.



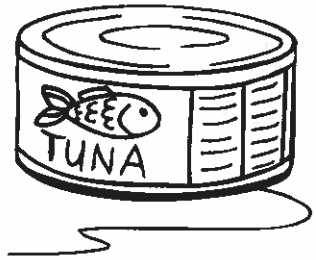
3. Fats

- **Fats** give our bodies energy and heat that can be stored in the body. Fats have more than double the energy that sugars and starches do.
- Fats are stored under the skin and help to keep us warm. They are also stored around the nerves and kidneys to protect them from damage.
- Fats are made up of substances called **fatty acids** and **glycerol**.
- A small amount of fat contains a lot of energy.
- Foods that contain fat include: peanut butter, oil, salad dressings, foods fried in oils, cream, hot dogs, olives, sausages, and other greasy meats.
- Fats can be in two forms: **Visible** and **Invisible. Visible Fats** can be seen in foods like butter, oils, cheese, cream, margarine, and fatty meats. **Invisible Fats** cannot be seen and are in such foods as cakes, biscuits, tarts, cookies, pies, and ice-cream as well as foods cooked in fats or oils.
- There are two types of fat:
  1. **saturated** (animal sources)
  2. **unsaturated** (plant sources)
- Eating unsaturated fats may help reduce the risks of heart disease.

Name _____ Date _____

Recommended Daily Allowances

Directions: Keep a journal of everything you eat for two days. Use the outline on page 38. Analyze whether or not you are adhering to the recommended dietary guidelines below. What do you need more of? What do you need less of? What changes do you need to make? Use the nutrition labels on the foods you eat to determine how much of different vitamins, minerals, calories, and fat you are getting. For each food you eat, write one good thing about it according to the nutrition label. Use the information below to help you.



Recommended Daily Allowances

Calories	2000
Fat	<65 grams
Saturated fat	<20 grams
Carbohydrates	300 grams
Protein	50 grams
Cholesterol	300 mg
Sodium	2400 mg
Fiber	25 grams
Vitamins	
Vitamin A	5000 IU
Vitamin C	60 mg
Vitamin D	400 IU
Vitamin E	30 IU
Thiamin	1.5 mg
Riboflavin	1.7 mg
Niacin	20mg
Minerals	
Calcium	1000 mg
Iron	18 mg

Name_____ Date _____

FACING NUTRITION FACTS

If you are interested in eating a more nutritious diet, you must know how to read the nutrition facts found on the food products that you buy. The following nutrition table contains information similar to what is found on many foods. Refer to the table and fill in the blanks in the following exercises.

Nutrition Facts Table
Amount per Serving

Calories	100	
		% Daily requirement
Total fat	4 grams	6%
Saturated fat	2 grams	3%
Poly unsaturated fat	1 gram	1.5%
Monosaturated fat	1 gram	1.5%
Cholesterol	0 grams	
Sodium	80 grams	
Total carbohydrates	20 grams	7%
Dietary fiber	3 grams	1%
Soluble fiber	1 gram	
Sugars	3 grams	
Protein	4 grams	
Vitamin A		25%
Vitamin C		10%
Calcium		15%
Iron		7%
Thiamin		6%
Riboflavin		10%
Niacin		15%
Vitamin B		10%

1. The information on the nutrition table represents what amount of the food?

_____

2. How many calories are in one serving of this food?

_____

3. The fat content per serving of this food is_____.

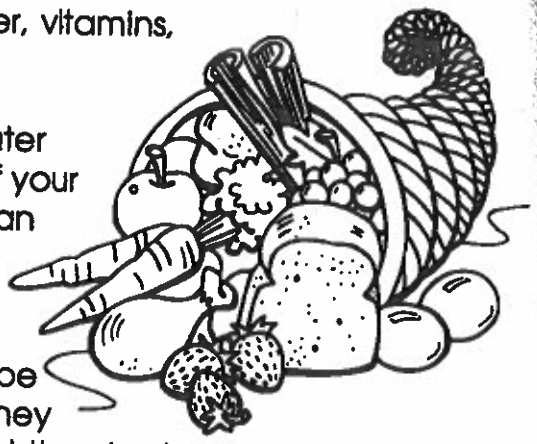
4. How many grams of saturated fat are found in one serving?

_____

Name _____ Date _____

Nutrients for Your Body

There are six nutrients your body needs every day—water, vitamins, minerals, fat, protein, and carbohydrates.



It is very important to drink enough water every day. Water regulates the body's temperature and makes up part of your blood and digestive juices. Besides drinking water, we can get water from soups, sauces, drinks, fruits, and vegetables.

Your body needs vitamins so it can grow, develop, and be healthy. Vitamins help to regulate bodily functions, but they do not provide your body with calories or energy. Look at the chart of vitamins below.

Vitamin	Foods
C	citrus fruits, broccoli
B_1	grains, eggs, pork, fish, poultry
B_2	dairy and grain products, eggs, meat and dark green vegetables, niacin, whole grains, dairy, meat, peanuts, folic acid, dark green leafy vegetables, grains, meats, eggs
A	carrots, pumpkins, broccoli, dairy, liver, eggs
D	milk
E	oils, grains, eggs, milk, liver, green leafy vegetables
K	dark green leafy vegetables, cabbage, cauliflower

LESSON 9

4. Vitamins

- All **vitamins** help our bodies use the carbohydrates, proteins, and fats from our food.
- Sometimes, vitamins can be taken in the form of pills. However, a well balanced diet will supply us with all the vitamins we need. It is advised not to over-cook vegetables, as this will lessen the vitamin content of them. Also, we should cook our foods in as little water as possible.
- **Vitamin A** keeps our skin, bones, nerves, hair, organs, and eyes healthy. It also helps us to see better at night and helps to keep the lining of our throat healthy. Foods containing Vitamin A include: carrots, sweet potatoes, butter, broccoli, cantaloupe, liver, and eggs.
- **Vitamin B** includes thiamin, riboflavin, and niacin. They help us to digest our food and produce healthy blood. It also keeps our skin and nerves in good condition. Sources of Vitamin B include: most vegetables and fruits, yeast, whole grain cereals, egg yolk, liver, fish, nuts, and kidney.
- **Vitamin C** is found in all citrus fruits (oranges, lemons, limes, and grapefruit), green vegetables, and blackcurrants. They help keep our teeth, gums, bones, and cartilage (soft bone-like substance in our ear and nose) healthy. Vitamin C also helps us to fight colds, infections, and rebuild tissue and heal wounds.
- **Vitamin D** is the sunshine vitamin. It helps our body to use calcium and phosphorus for building strong bones and teeth.

Name _____ Date _____

Nutrients for Your Body (cont.)

Minerals do not contain calories or energy for the body. There are many different minerals and they each serve the body in a different way. Minerals build and regulate body tissue, organs, bones, and muscles.

Mineral	Foods
Calcium	dairy products, broccoli
Phosphorus	dairy products, whole grains, meats, dried beans
Magnesium	dairy products, eggs, whole grains, nuts, sodium, table salt, processed foods, pickled foods
Potassium	citrus fruits, bananas, dried fruits
Iron	meats, dried fruits, legumes, whole grains, dark leafy green vegetables

Carbohydrates are the body's most readily available source of energy. Grains, such as rice, cereal, and breads, provide your body with carbohydrates. Grains also provide us with the B vitamins. The body does not store B vitamins, so it is important that we include them in our daily diet. Sugar is a simple carbohydrate. Sources of carbohydrates include fruits, vegetables, milk, grain products, rice, and nuts.

Fats are a concentrated source of energy. Fat helps your body store energy. Fat also helps protect the body's tissue and organs. They should be eaten sparingly, however. You can find fats in butter, cheese, vegetable oils, sugary desserts, candy, and potato chips.

Protein is very important to your diet. Protein helps build, maintain, and repair the body's tissues and can be found in meat, poultry, fish, dry beans, eggs, and nuts. Your skin, hair, and muscles are made of protein.

The food pyramid is designed to ensure that we get the proper amount of nutrients in our diets. All food groups are important to your health. You cannot substitute one group for another.

Directions: Consider how the six groups in the food pyramid fit into your daily diet. Make three observations about the food groups on another piece of paper.

Foods containing Vitamin D include: cod liver oil, fatty ocean fish, egg yolks, butter, and margarine.

- Sunshine in the summer is also an excellent source of Vitamin D.

- **Vitamin K** helps our scars to heal, helps blood to clot, and aid in proper liver function. Sources include: leafy green vegetables, soybean oil, tomatoes, and cauliflower.

5. Minerals

- Without **minerals**, our bodies would not be able to perform certain jobs. They are used for growth and repair as well as for regulating body functions.

- **Calcium** is the mineral found in milk, canned fish, green vegetables, and milk products (cheese, cottage cheese, cream, sour cream, and yogurt).

- We need calcium to have strong bones and teeth. Calcium is also important to stop the bleeding if we cut ourselves. As well, calcium helps to control the contraction of muscles.

- **Iron** is necessary for the production of red blood cells. It also helps to carry oxygen in red blood cells.

- Iron is necessary for the formation of hemoglobin in the red blood cells. These cells carry the oxygen needed for the production of energy.

- The lack of iron in our diet can cause us to be tired and lack the energy to do activities.

- Iron is found in meats (especially liver), bread, potatoes, eggs, dried fruit, dried beans, and dark green vegetables.
- **Sodium** is necessary for maintaining the correct water balance in the body. If our bodies do not get enough sodium, our muscles begin to cramp. Sodium is also essential for muscle and nerve activity. Sodium is found in common table salt, seafood, and vegetables.
- **Iodine** produces thyroxin, which is necessary for the proper functioning of the thyroid gland. If we do not get enough energy in our bodies we may become overweight or underweight. Iodine is found in seafoods, vegetables, and iodized table salt.
- **Zinc** helps in the development of nerves and muscles to function properly. Sources of zinc include: eggs, seafoods, grains, and nuts.

Our bodies use the **minerals, vitamins, and water** without needing them to be broken down. **Carbohydrates, protein, and fats** all need to be broken down before our cells are able to use them.

Some of our foods are enriched with vitamins and minerals. When food is enriched, it is because nutrients were lost when they were cooked or processed. Some enriched foods include: flour, milk, juices, canned fruits and vegetables.

6. Water

- We need to drink at least 8 - 10 glasses of water daily (about 70% of our body is made up of water).

- Every chemical reaction in our body takes place in water.
- We could survive for about a month without food, but we would die in a few days without water.
- Some of our water is found in the fruit and vegetables that we eat.
- Water regulates our body's temperature and helps to carry away body wastes through the intestines.

LESSON 10 AND 11

Proper Cooking of Our Food

Food is cooked to improve or change the taste, smell, and appearance. Cooking also makes some foods easier to chew and digest. Yeasts, moulds, and bacteria that cause foods to spoil, are destroyed by cooking.

Proteins

- When we cook meat, the protein is changed to a soft, soluble substance called **gelatin**. It thus becomes tender and more digestible.
- By cooking meat too long, the water inside the meat along with the vitamins are driven off, and the meat becomes tough.
- Cook meat at a medium temperature. In this way, the meat juices can be made into gravy. Makes sure to skim off any fat from the meat juice before making into gravy.

Carbohydrates

- The digestive juices produced in our body cannot break down uncooked starch.
- When starch is boiled it absorbs water, swells, and becomes softer.
- Moist heat causes starches such as grains and pastas to swell which results in the cell walls breaking down. This releases the starch, which in turns thickens the liquid in which it is cooking.

Fats

- Cooking our food in fat will increase its energy content.
- Fat tends to improve the flavour and texture of foods.

Vitamins

- Vitamins A and D are not affected by heat. Vitamin C and B are unstable, therefore, the vitamin content can be lost by over cooking. Foods containing these vitamins should be cooked in very little water and served immediately.

Fiber

- Cooking helps to break down and soften the cellulose walls of cereals and fruits, without reducing the amount of fiber in the food.
- It is important to use unrefined foods (like whole wheat) where the fiber has not been removed.

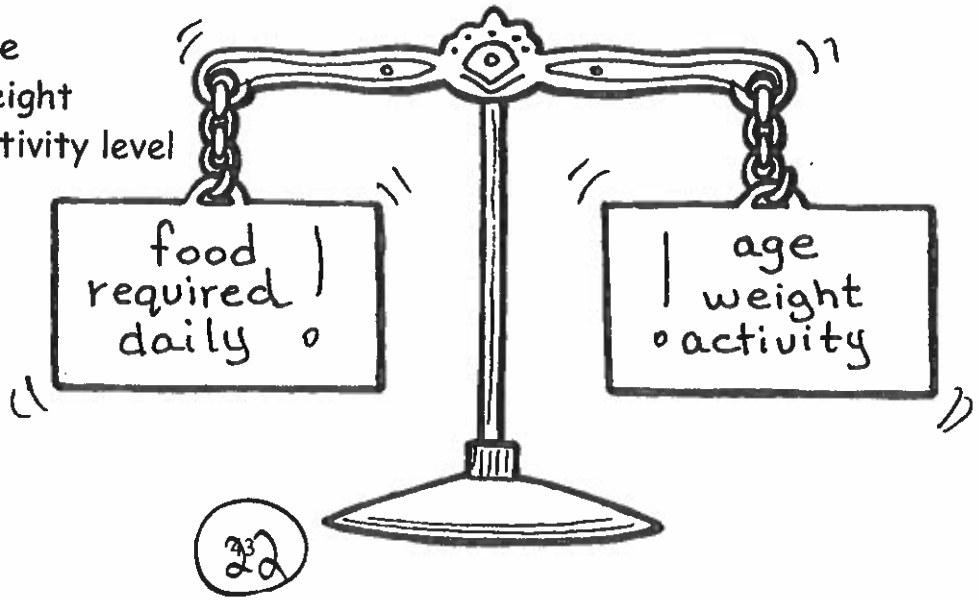
Minerals

- When food is cooked in water, most of the minerals are lost.
- By using a small amount of water and cooking foods quickly, this loss can be reduced.
- After the food has been drained the water containing the minerals should be used for gravy or soup.

LESSON 12

Food Group Requirements

- We need to eat a variety from each of the food groups daily.
- No one food contains all of the necessary nutrients for our body's daily needs.
- The amount of food required daily from each group depends on:
  1. your age
  2. your weight
  3. your activity level



Food Group	Daily Servings for Children
Breads and Cereals	5 - 6 servings
Milk and Milk Products	2 - 3 servings
Fruits	2 - 4 servings
Vegetables	3 - 5 servings
Meat and Alternates	2 - 3 servings
Fat and Sugars	use sparingly

Measuring Food Energy

- The energy in the food that we eat is measured in **calories**. One calorie is the amount of energy needed to raise the heat of 1 kg of water by 1° Centigrade.

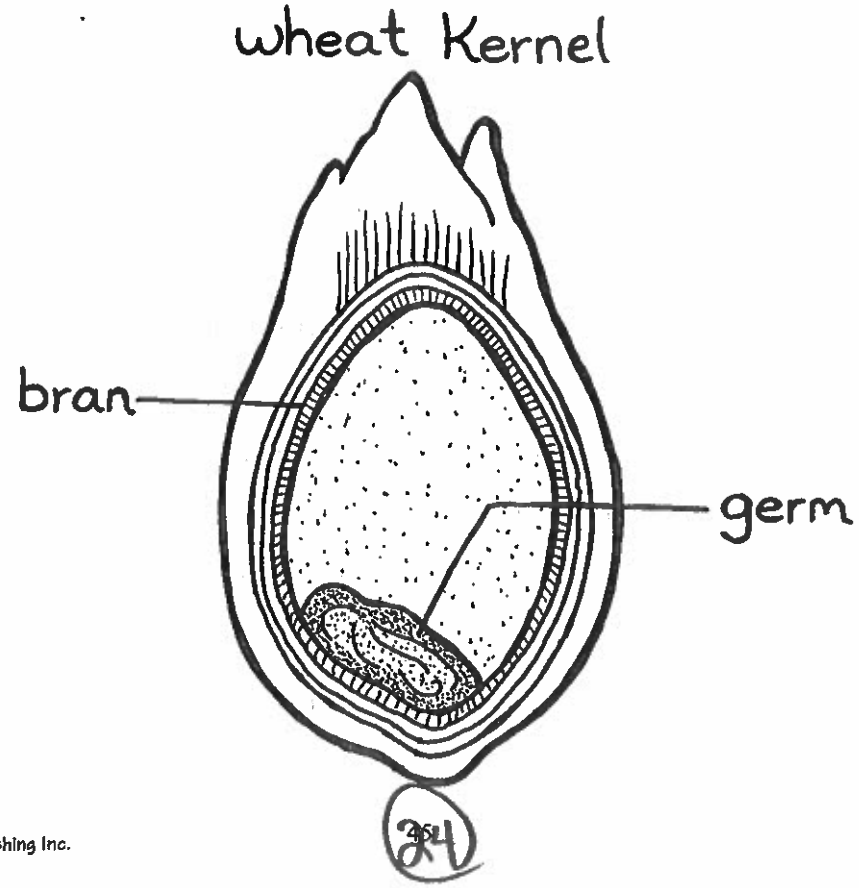
- Growing children need approximately 2,400 - 2,600 calories per day.

LESSON 13

Fiber

- **Fiber** in food is the part of the food that cannot be digested.

- As it moves through the intestines, it helps to add bulk to push waste out of our body.
- Fiber consists mainly of **cellulose** from the cell walls of plants.
- Digestive juices within our body cannot break down cellulose.
- Cellulose helps the walls of the large intestine work more effectively, therefore, preventing constipation.
- There is no fiber in foods with animal origin.
- Good sources of fiber include: whole grains, cereals, fruit, pasta, vegetables, and rice.
- When wheat is crushed to make whole wheat flour the bran or outer husk is not removed. This provides the fiber. In white flour, the bran is removed.



LESSON 14

Food Safety

- Fruits and vegetables must be washed thoroughly before eating. This helpsgets rid of germs, bacteria (microscopic living things), and any chemical sprays.
- Always wash your hands before handling food.
- Always use clean eating and drinking utensils
- It is important to keep food cold, as bacteria likes to grow where it is wet and warm.
- Cook poultry and pork thoroughly to kill bacteria.
- Never refreeze thawed foods.
- Make sure to refrigerate leftovers immediately.

Food Labels

- **Food labels** are a good source of nutrition facts and information.
- Labels also give information on the ingredients in the food product.
- The order of the ingredients on labels is always from the most to the least content.
- Labels may also tell you if the food is a good source of fiber and whether the product is fat free or low fat.
- Some labels also tell where the food was packaged.

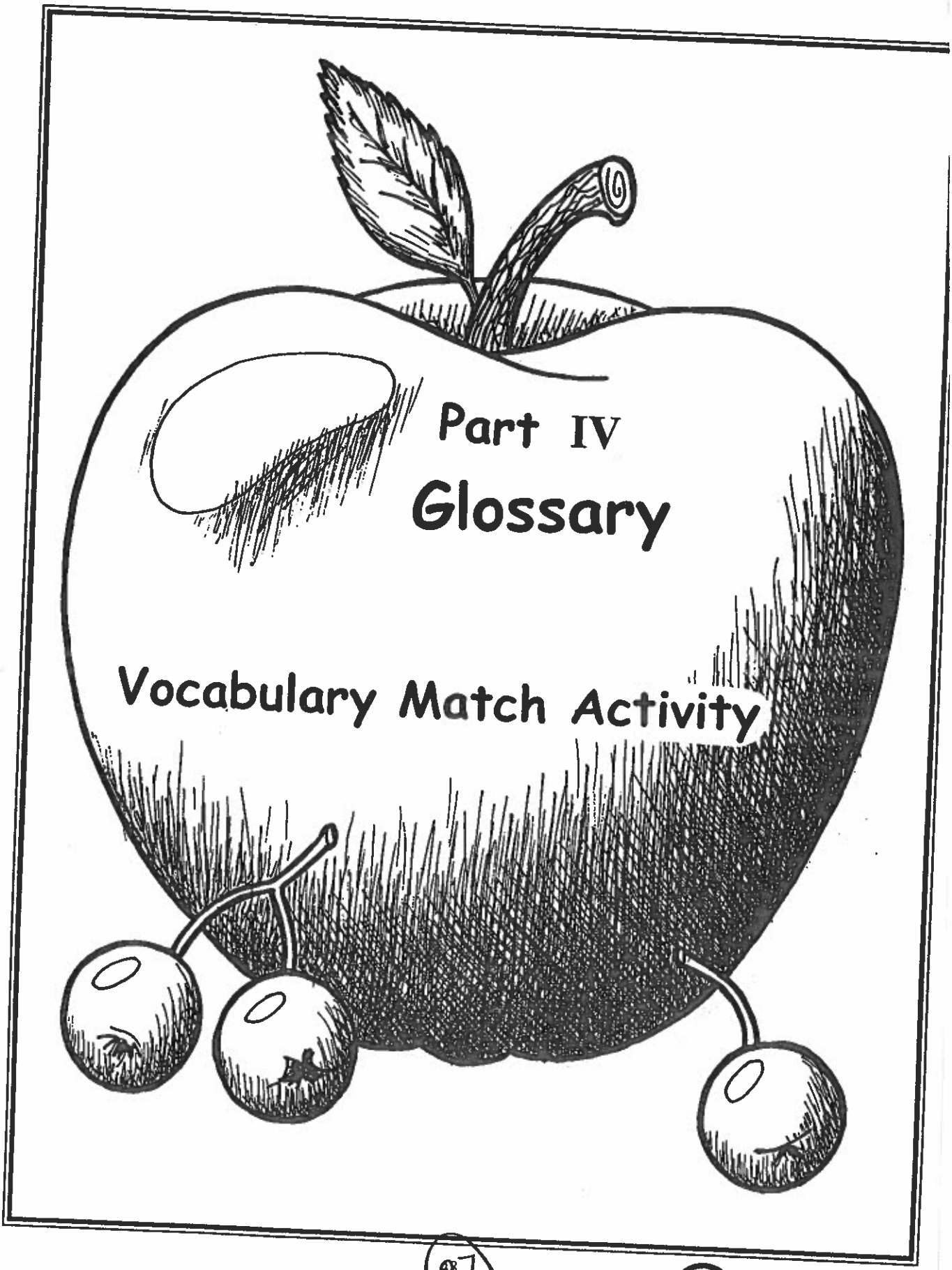
LESSON 15

Food Preservatives

- Many of the foods we buy contain preservatives. **Preservatives** are chemicals or additives that are added to our foods to make them last longer. They also can improve the taste and appearance of our food.
- Some of our foods have natural additives. These come from plants. For example: orange colour (beta carotene) comes from carrots and red colour comes from beets.
- Some of our foods contain artificial or chemical sweeteners instead of natural sugars.
- Some foods that contain additives include: bacon, diet pop, puddings, pie fillings, sausages, and packaged fruits.
- It is important to read the labels in order to find out if the packaged foods contain preservatives or additives. In this way, the consumer can make a knowledgeable choice whether to purchase the food or not.

Food Allergies

- Some people will get very sick if they eat certain foods. These people have food allergies.
- Some foods that will make some people sick are: milk and milk products, peanuts and peanut products, certain shell fish, wheat flour, and certain fruits (such as bananas, strawberries and oranges). It is very important for these people to read labels carefully.



Part IV
Glossary

Vocabulary Match Activity

Glossary of Terms

absorb: to take into

amino acids: the building blocks of proteins

balanced diet: when an individual eats healthy foods within the five basic food groups

calcium: essential for the growth and development of strong bones and teeth as well as the functioning of muscles and nerves

calorie: a unit of measurement for the energy in food

carbohydrates: nutrients that keep us warm and produce energy for our bodies (starches and sugars)

cells: the smallest living part of our body

diet: the various foods an individual eats daily

digestion: the process by which food is broken down into substances that our bodies can use

endurance: enables us to work and play without getting too tired

enriched: when nutrients are added to foods

fat: a nutrient used in our body to produce energy

fiber: found in certain foods and helps to soften the waste material in the small intestine

food: the building blocks of our body needed for growth and repair

food allergy: when a person is unable to eat certain foods because it will make them ill

fructose: a natural sugar produced in fruit and vegetables

ingredients: found on labels and are the materials that are used to make foods

iodine: needed to form thyroxin, which helps our thyroid gland function properly

iron: a mineral needed in our body to produce healthy blood cells

minerals: nutrients used by the body for growth, for repairs, and are required in order for the body to function properly

nutrients: chemical substances found in the food we digest to maintain body processes and to carry out activities

protein: a nutrient that helps produce new body cells

sodium: helps to control the amount of water in the body and is necessary for muscle and nerve activity

starch: a carbohydrate found in foods such as rice, breads, and pasta

sucrose: made from sugar beets and sugar cane, has a high energy value but provides no nutrients

vitamin: a nutrient that helps our body to use carbohydrates, fats, and protein

water: comprises about 2/3 of our body's weight and is needed for almost all body processes

On the following pages, cut along lines then match the word to the definition.

fructose	a natural sugar produced in fruits and vegetables
amino acids	the building blocks of proteins
iron	a mineral that produces healthy blood cells
calorie	a unit of measurement for the energy in food
carbohydrates	a nutrient that keeps us warm and produces energy for our bodies (starches and sugars)

iodine	needed to form thyroxin, which helps our thyroid gland function properly
endurance	enables us to work and play without getting too tired
sodium	helps to control the amount of water in the body and is necessary for muscle and nerve activity
starch	a carbohydrate found in foods such as rice, breads, and pasta
sucrose	made from sugar beets and sugar cane

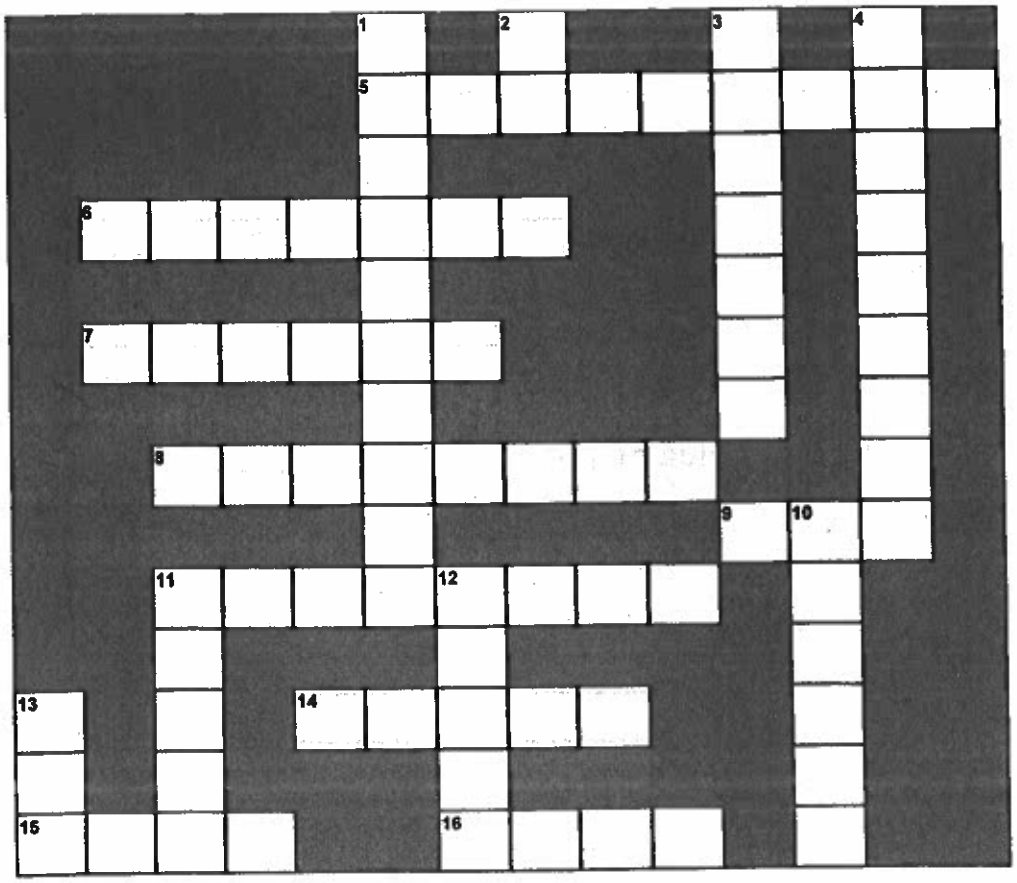
calcium	necessary for the development of bones and teeth and the functioning of muscles and nerves
food allergy	when a person is unable to eat certain foods because it will make them ill
protein	a nutrient that helps produce new body cells
mineral	a nutrient that is used by our body for growth, repair, and is needed in order for our body to function properly
fat	a nutrient used in our body to produce energy

nutrients	chemical substances found in the food we digest to maintain body processes and to carry out activities
vitamin	a nutrient that helps our body to use protein, fats, and carbohydrates
absorb	to take into
enriched	when nutrients are added to foods
water	comprises about 2/3 of our body's weight and is needed for almost all body processes

ingredients	found on labels and are the materials that are used to make foods
diet	the various foods an individual eats daily
cells	the smallest living part of our body
digestion	the process by which food is broken down into substances that our bodies can use
fiber	helps to soften the waste material in the small intestine

- Vegetables
- work
- cow
- animal
- nutrients
- energy
- building
- esophagus
- sunshine
- sugar
- mouth
- spit
- carrots
- nucleus
- hours
- yes
- no

Crossword



ACROSS

5. Once food is swallowed, it is squeezed down the _____ tube.
6. The _____ is the control center of the cell.
7. Saturated fats are derived from _____ sources.
8. Proteins are the _____ blocks of our body.
9. Are there 6 basic food groups?
11. Vitamin D is also known as the _____ vitamin.
14. Digestion begins in our _____ .
15. Energy is the ability of our body to do _____.
16. The common name for saliva is _____ .

DOWN

1. We need at least 2 servings of _____ daily.
2. Does the pancreas produce bile?
3. Bugs Bunny can see very well at night because he eats a lot of _____ .
4. All foods contain certain _____ that our body uses to keep healthy.
10. Carbohydrates supply our body with _____ .
11. If we are eating lots of cake and cookies, we are eating lots of _____ .
12. It takes about 24 _____ for our body to digest food.
13. Milk was originally produced by a farmer's _____ .

39/50

Word Search

C A R B O H Y D R A T E S S P
V Y H M X F E N E R G Y T T T
I E G L U C O S E V T B A O J
D I G E S T I O N C E U R M F
N Z V E B R E A D M E K C A J
C U T I T X D Q C G F R H C Q
K F T L T A C A L O R I E H S
N I D R A A B W W A U O S A A
C A L C I U M L N A C H U R L
E U C N U T R I E N T S G P I
F P R O T E I N N S O E A Z V
M I N E R A L O U M S Z R U A
S F B S E R V I N G E K S E T
T K D E D T O U N U F A W P D
Y C I F R U I T U C X F T I V

bread
calcium
calorie
foodgroup
cereal
digestion
energy
fiber
mineral
fructose
fruit
glucose
meat
serving
nutrients
nutrition
protein
saliva
vitamin
starches
stomach
sugar
vegetables
carbohydrates
water