

## What Your Body Needs To Be Healthy

Nutrient	What They To For You	Best Sources
Water	This is an extremely important nutrient. You can go without water for only about a week. Your body needs water to dissolve nutrients and carry them to your cells, to carry waste from your body and to cool you off.	water and other liquids
Fats	Fats are highly a concentrated source of energy. Each gram of fat is about 9 calories, which are burned by your body to give it energy.	Dairy products, butter and fatty red meat
Proteins	You eat food with proteins to get energy and build muscle, skin, cartilage and hair. The cells in the body need proteins called enzymes to speed up chemical reactions. Proteins also serve as hormones (chemical messengers) and antibodies.	Cheese, eggs, lean meat, fish and milk (some from cereal, grains, beans, rice and nuts)
Minerals (calcium, phosphorous, magnesium, potassium, sodium)	Minerals are needed for growth and maintenance of the body. They are also needed for digestive juices fluids in and around cells. We get our minerals by eating plants or plant eating animals, since the plants store the minerals they get from water and soil.	Milk and milk products, meat, nuts, peas, whole grain cereal, green leafy vegetables
Vitamins	<p>A - needed for healthy skin, good vision and development of bones</p> <p>B - changing starches into sugar from food into energy</p> <ul style="list-style-type: none"> <li>- used for chemical reactions during the body's use of food</li> <li>- healthy hair</li> </ul> <p>C- needed to maintain ligaments, tendons and other supportive tissue</p> <ul style="list-style-type: none"> <li>- helps prevent infections</li> </ul> <p>D - helps the body use calcium for bones and teeth</p>	<p>A- liver, milk, green and yellow vegetables</p> <p>B- meat and whole grain cereals, milk, cheese, fish liver, green vegetables</p> <p>C- fruit (especially citrus) and vegetables</p> <p>D- fish, liver, sunlight</p>
Carbohydrates	Used as fuel to power muscles, nerves and build and repair body tissues; stored in your liver for release when quick energy is needed	Vegetables, fruits, breads and cereals

## Carbohydrates

The main source of fuel for your body is a group of foods known as \_\_\_\_\_. Chemical reactions inside your body break down carbohydrates, releasing \_\_\_\_\_ for your body to use. There are 3 types of carbohydrates found in food: sugar, starch, and fiber.

Sugars are sometimes called "simple carbohydrates" because they are made up of very small particles. Simple sugars are digested \_\_\_\_\_, causing a quick rise in your blood-sugar levels and give you a quick burst of \_\_\_\_\_. Unfortunately, it doesn't last long, and you soon feel tired. If you eat a lollypop, you're eating simple carbohydrates. But you'll also find simple carbohydrates (sugars) in more nutritious foods such as fruit and milk. It's better to get your \_\_\_\_\_ from food like fruit and milk, because they contain vitamins, fiber, and important minerals.

Starches are complex carbohydrates. As with sugars some complex carbohydrates are better choices than others. Refined grains, such as white flour and white rice, have been processed, which removes nutrients and fiber. Unrefined grains like whole wheat bread and pasta and brown rice are better \_\_\_\_\_. Your body breaks down starch very \_\_\_\_\_, gradually releasing the energy it contains over several hours. This keeps your energy levels stable and gives you the stamina to keep going. Foods containing starches include potatoes, rice, pasta, corn, bread, and tortillas.

Fiber is a substance found only in plants such as fruits, vegetables, and grains. Fiber is the most complicated carbohydrate. Unlike sugar and starch, fiber does not give you \_\_\_\_\_. Fiber helps your digestive system work well (and stay "cleaned out"). Fiber helps you feel full, so you are less likely to \_\_\_\_\_ foods high in fiber. Fiber also prevents sudden increases in blood sugar, which can lead to uneven energy levels (lots of energy 1 minute, ready to sleep the next minute). This explains why a bowl of oatmeal fills you up better than sugary candy.

## Protein

Protein helps you have strong muscles and fight off infections. The precise amount of protein you need varies, and any extra protein that you take in but do not use up will be burned inside your body to provide \_\_\_\_\_ or be transformed into fat. Protein is one of the most complicated substances in the human body. When you digest protein, it is broken down into simpler substances called amino acids. Your body uses these to \_\_\_\_\_ muscle, skin, and other tissues and to \_\_\_\_\_ a strong immune system. Meat, fish, shellfish, eggs, dairy products, and soy products (tofu, soy milk, edamame beans) are known as complete proteins. Cereals, beans, lentils, and nuts are proteins, but they do not include as many \_\_\_\_\_, so they are called incomplete proteins. People who don't eat meat can eat proteins such as soy, beans, nuts, eggs, and cheese.

## Fat

Like carbohydrates, fats and oils provide \_\_\_\_\_, which is stored in the foods we eat. The white streaks you see in a steak or a piece of bacon are \_\_\_\_\_. All animals use fat to keep warm and to store energy. The oil inside nuts and grains is a stored form of energy for plants. \_\_\_\_\_ are fats that are liquid at room temperature.

We eat fats in lots of different foods. We eat animal fats in meat and dairy foods such as butter, milk, and cheese. We eat vegetable oils when we use corn oil or olive oil to fry foods or make salad dressing. Fats are also used in \_\_\_\_\_ foods such as cookies or cupcakes and in \_\_\_\_\_ foods such as potato chips and crackers. You \_\_\_\_\_ fats in your diet to give you \_\_\_\_\_ and help you grow.

Fats help your food taste better, give it a better texture, and give it flavour and a good smell. Some kinds of fats contain \_\_\_\_\_ that you need for growth and development. Fat is an important part of a healthy diet, and helps children's brains and nervous system develop correctly. The layer of fat under your skin also helps you to keep warm. You need to eat some fats, but eating too many of the wrong kind can hurt your health.

Fats that tend to be hard at room temperature, such as butter, meat fat, lard, and cheese, are called saturated fats. They come mainly from animals and animal products. Eating too many of these can \_\_\_\_\_ the risk of heart disease. To make sure you don't eat too many saturated fats, avoid eating too many fried foods. Choose lean cuts of meat and eat more poultry, such as chicken and turkey.

Cookies, pies, cakes, potato chips, french fries, fatty sauces, packaged snack foods, and mayonnaise contain trans fats or hydrogenated fats. These fats are created by processing food. Eating too much of these fats can \_\_\_\_\_ cholesterol and \_\_\_\_\_ the risk of heart disease.

Unsaturated fats are found in plant foods and fish. These can actually be \_\_\_\_\_ for you. Unsaturated fats are found in olive oil, canola oil, tuna, and salmon.

## Vitamins & Minerals

In addition to carbohydrates, fats, and proteins, foods also contain small amounts of vitamins and minerals.

Vitamins are chemical mixtures that \_\_\_\_\_ our bodies carry out all the processes needed to stay alive. Vitamins can also help prevent \_\_\_\_\_ like cancer and heart disease. There are 13 different vitamins that we need, and 8 of these we have to get from foods. Vitamins we need include: Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin K, and several B vitamins.

\_\_\_\_\_ are elements that are found in the ground. They include iron, zinc, copper, and other metals that are used to make things. But living things need minerals, too- just in small amounts. Your body needs about 15 minerals to function and grow healthy. Some of the really important ones are calcium, phosphorus, potassium, sodium, magnesium, iron, and zinc. Small amounts of \_\_\_\_\_ are scattered through soil and water. The minerals are taken to all parts of a plant and are then passed on to any animals that eat them, so most of our foods contain some minerals. Milk, meat, vegetables, and grains are richest in minerals.

## DIET AND NUTRITION

Try to match the word and its definition!!

- |                  |  |
|------------------|--|
| ___ vitamins     | 1. Parts of food that are difficult or impossible to digest but important for health.  |
| ___ fat          | 2. A type of major nutrient needed by the body for ENERGY.   |
| ___ starch       | 3. Nutrients that the body needs in small quantities to control chemical reactions in cells; also to protect against certain diseases. |
| ___ fiber        | 4. A type of major nutrient, consisting of amino acids joined together. Jobs include growth and muscle formation.                      |
| ___ sugar        | 5. A major type of nutrient that is stored in the body's tissues for use as energy.  |
| ___ mineral      | 6. A complex carbohydrate found in foods such as potatoes and cereals.   |
| ___ carbohydrate | 7. A type of minor nutrient needed by the body for many vital processes. Examples are iron and calcium.                                |
| ___ nutrients    | 8. Substances found in food, which the body needs to stay healthy.   |
| ___ protein      | 9. A simple carbohydrate found in fruit, candy and other foods.  |

Now proceed to the next sheet! Once you have completed that, come back to this page and re-do the matching.

Definitions not on sheet #2:

Fiber: \_\_\_\_\_  
\_\_\_\_\_

Nutrients: \_\_\_\_\_  
\_\_\_\_\_

## Name the Nutrient

Name \_\_\_\_\_

Your body is made up of millions of cells that need food to stay alive. Your body needs nutrients from the foods you eat to help the cells grow and repair themselves. Nutrients are divided into six major groups: fats, proteins, carbohydrates, minerals, vitamins and water.

Read each clue. Identify the nutrient.

"I'm the body's building material. You need me to make new tissue. You get plenty of me from milk, beans, meat, and peanuts."

Who am I? \_\_\_\_\_

"I give you energy to work and play. You can find me in starchy foods like pasta and potatoes."

Who am I? \_\_\_\_\_

"I help build strong bones and teeth. I also give you healthy red blood. You can find me in all four food groups."

Who am I? \_\_\_\_\_

"I give you a concentrated source of energy. You can find me in oily and greasy foods, like bacon, salad dressing, and butter. I also help you maintain healthy skin and hair."

Who am I? \_\_\_\_\_

"You might call me the alphabet soup of the nutrients. I am one of the essential nutrients. I don't give you energy, but I do help your body get energy from the other nutrients."

Who am I? \_\_\_\_\_

"I make up over half of your body weight. My job is to carry all those good nutrients throughout your body. I also help your body to remove wastes."

Who am I? \_\_\_\_\_

