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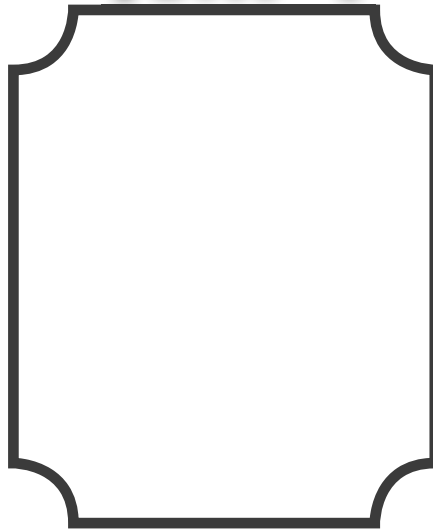
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Fascinating Facts

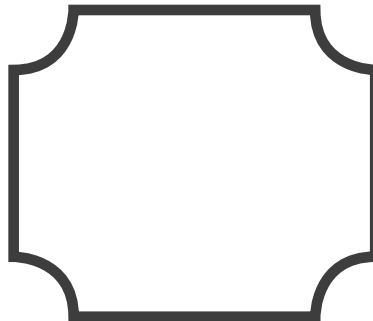
about

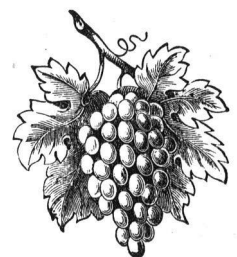
NUTRITION

ASSON 5









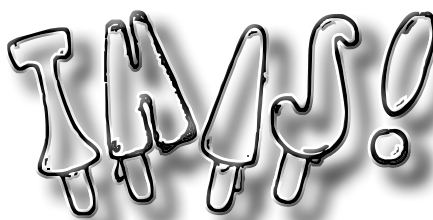
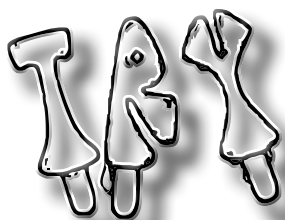
NAME _____

DATE _____

WHAT DO YOU REMEMBER?

LESSON 5

1. How do you know if you are dehydrated?
2. Why do simple carbohydrates give you quick bursts of energy, while complex carbohydrates don't necessarily do that?
3. What do carbohydrates change into inside the body?
4. Proteins are made of what kind of molecules strung together?
5. What is a complete protein?
6. Which foods provide your body with omega 3 fatty acids?
7. Name three vitamins that are important to get, and tell why they are important.
8. Where are minerals found?
9. Name two minerals, and tell why they are important for your body.

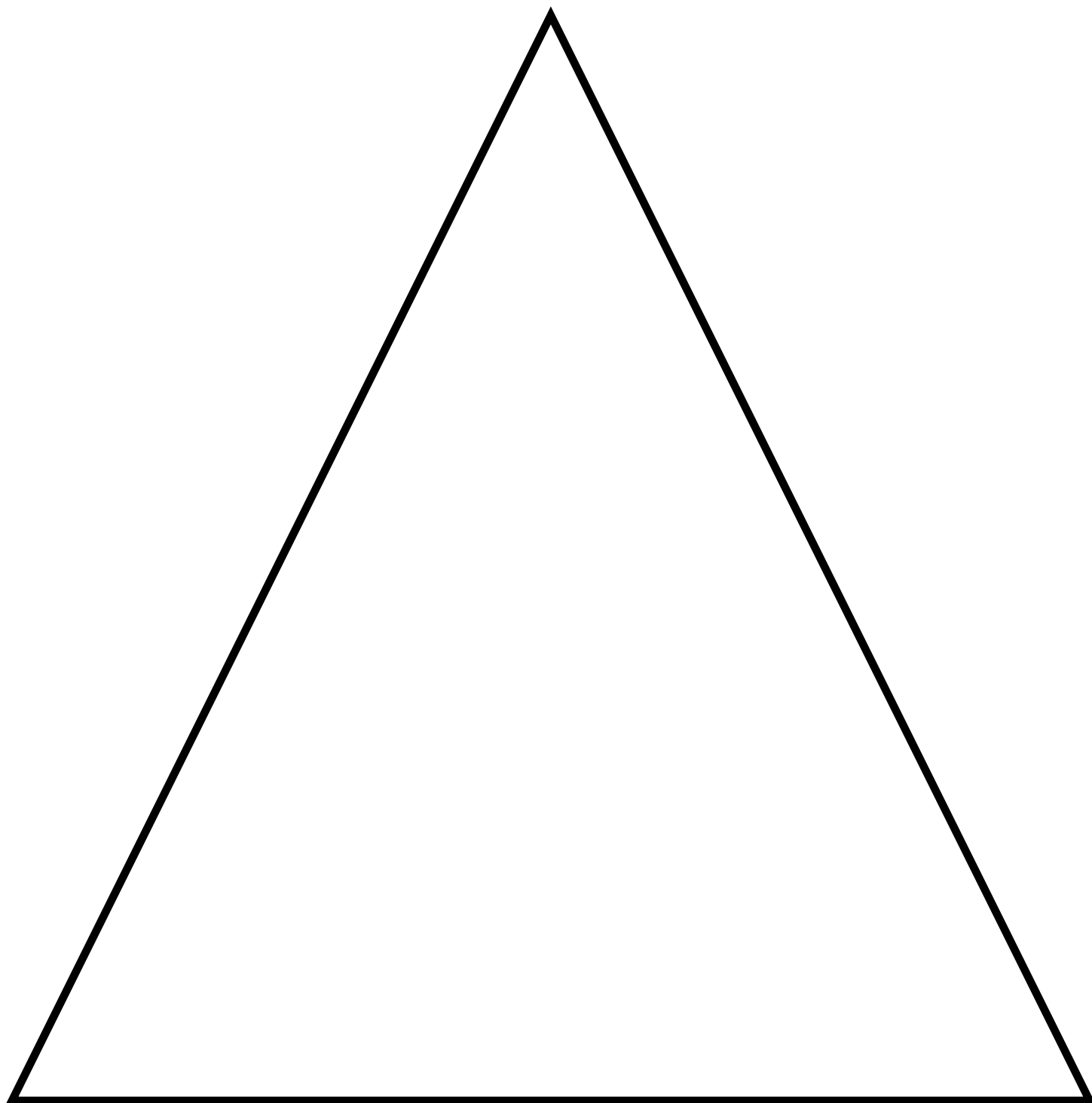
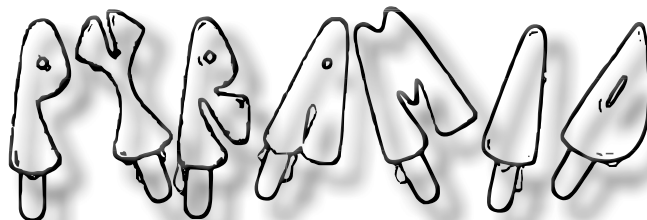
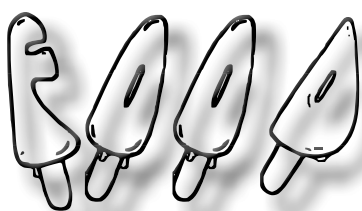


What I did:

What I did:

What I learned:

What I learned:





MEAU



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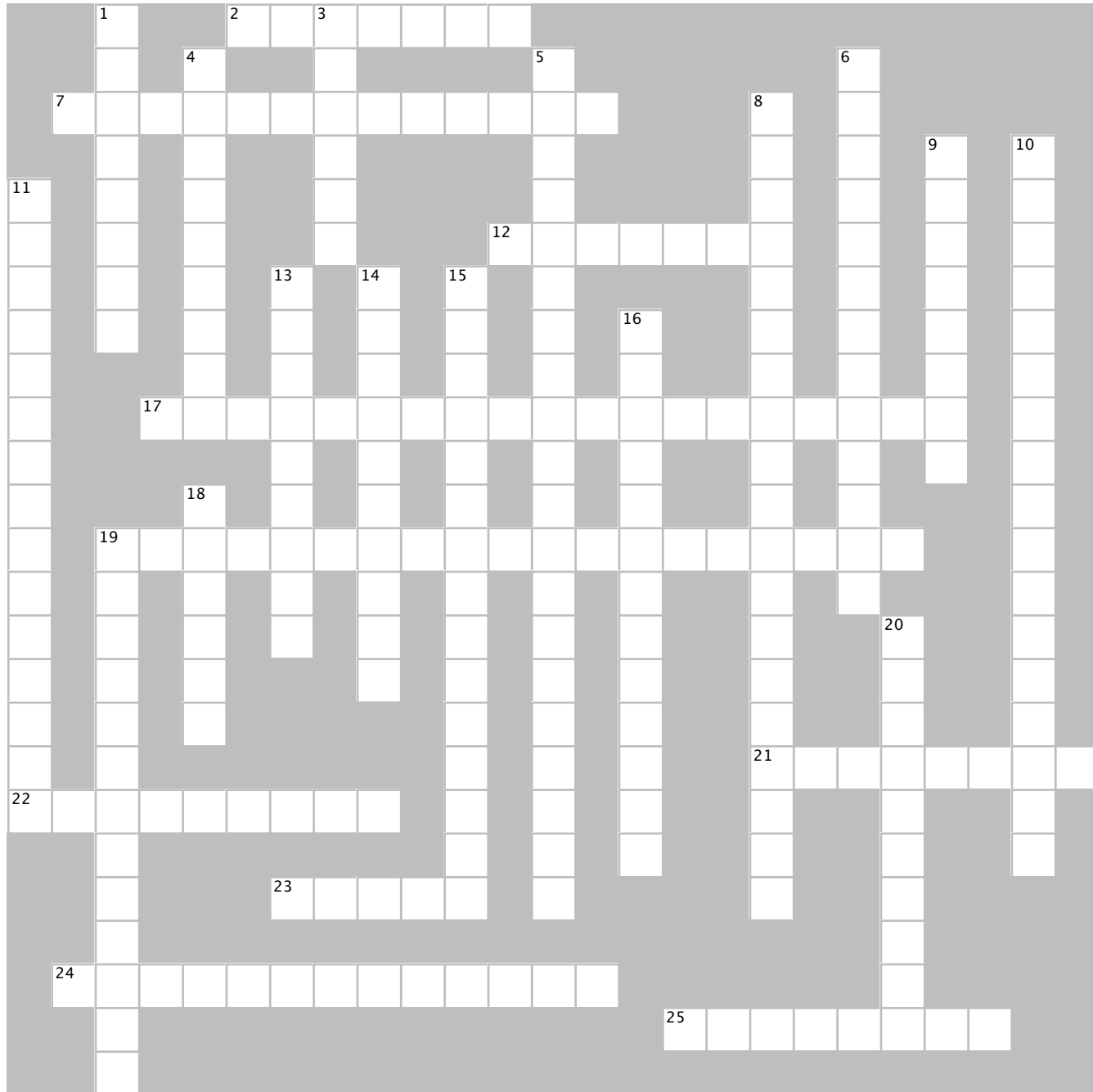
My Menus

Here you will make a pocket in which to keep all your menus. Cut a sheet of construction paper in half and glue it over this text along the bottom and side edges of the rectangle. Do not glue down the top edge! Make copies of the menu template on the previous page, or go to the book extras page I told you about at the beginning of this book to download a copy you can print from your printer. You can also create your own menu templates. Be sure to save all your menus in this pocket. You'll want to refer to them for future meals!



VOCABULARY CROSSWORD

HEALTH AND NUTRITION



NUTRIENTS
MOLECULES
FRUCTOSE
GLUCOSE
GLYCOGEN
FATTY ACIDS
OMEGA 6
TRANS FATS
GLYCEROL

ATOMS
CARBOHYDRATES
GLYCEMIC INDEX
BLOOD SUGAR
PROTEIN
OMEGA 3
HYDROGENATION
CALORIES

SIMPLE CARBOHYDRATES
COMPLEX CARBOHYDRATES
ESSENTIAL AMINO ACIDS
ESSENTIAL FATTY ACIDS
UNSATURATED FATS
INCOMPLETE PROTEIN
COMPLETE PROTEIN
SATURATED FATS
TRIGLYCERIDES





VOCABULARY CROSSWORD

HEALTH AND NUTRITION



Across

2. A strand of amino acids; a substance made and used in every cell in your body.
7. A process whereby unsaturated fats are chemically converted into saturated fats.
12. Your body turns most carbohydrates into this one simple carbohydrate.
17. The nine amino acids that your body cannot make, but that are essential (required) for your cells to make the proteins they need. THREE WORDS
19. Small carbohydrate molecules (sugars) that digest easily and provide "quick energy" for your body. TWO WORDS
21. Units we use to measure energy.
22. Substances found in food and drink that your body needs to be healthy.
23. The smallest units of an element that retain the properties of the element.
24. Carbon, hydrogen and oxygen atoms linked together in specific forms that can be broken down to give your body the energy it needs.
25. Three fatty acid molecules are linked together with this molecule to form a fat.

Down

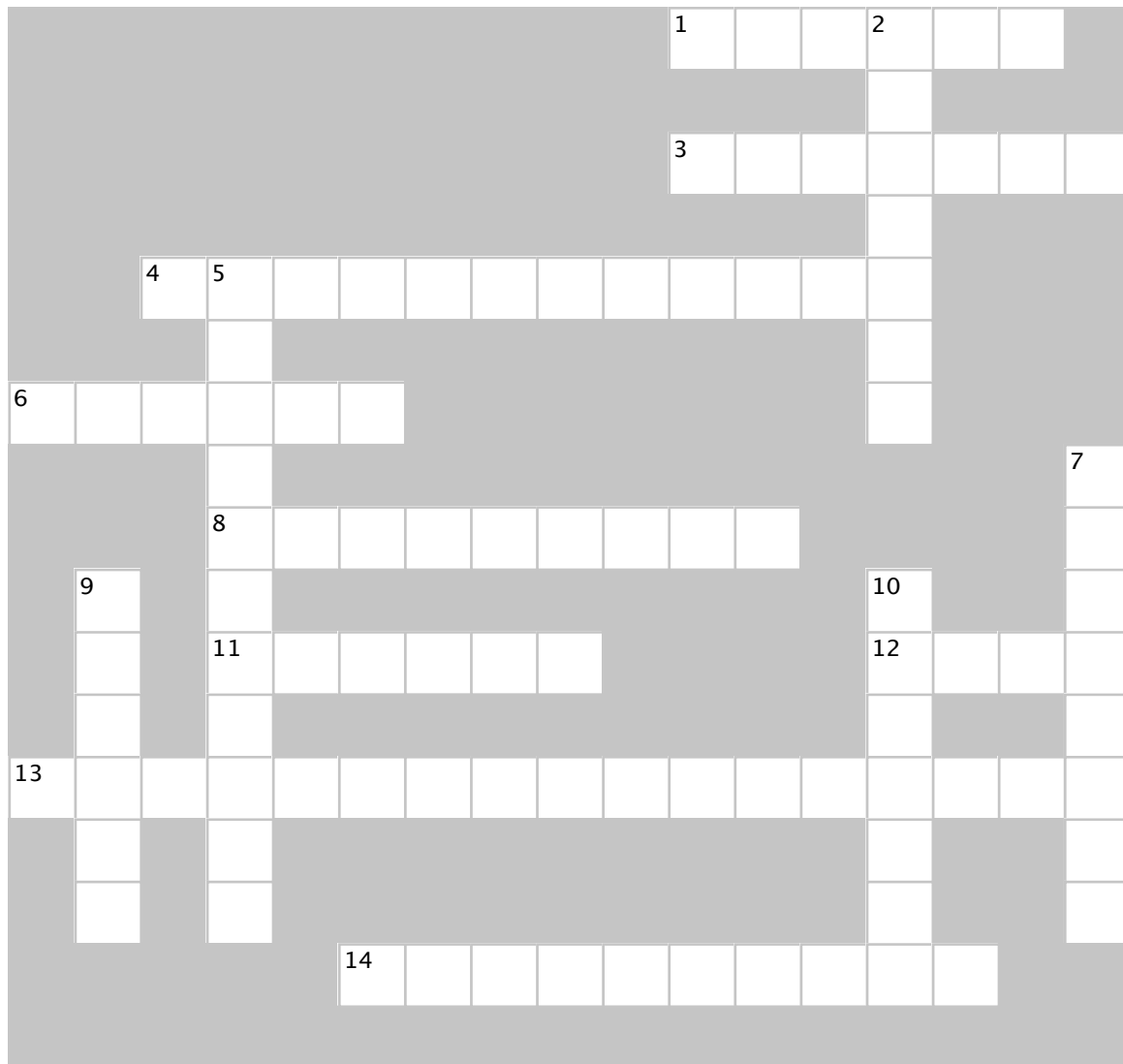
1. The liver changes glucose into this complex carbohydrate. It becomes stored energy for later use.
3. The type of essential fatty acid of which your body needs the greatest amount. It is found in most cooking oils. TWO WORDS
4. Unhealthy fats that have been industrially altered through hydrogenation. TWO WORDS
5. Large carbohydrate molecules (unrefined starches) that take a long time to digest. They release energy into your bloodstream slowly. TWO WORDS
6. The measure for how quickly food releases energy (in the form of glucose) into your bloodstream. TWO WORDS
8. The fatty acids your body can't make but must have in order to continue making the special fats it needs to survive. THREE WORDS
9. The very sweet sugar found in most fruits.
10. A protein (like those found in vegetables) that contains only some of the essential amino acids. TWO WORDS
11. A protein, such as those from meat or eggs, that contains all nine essential amino acids. TWO WORDS
13. These are formed when two or more different kinds of atoms are linked together.
14. Fats are made up of three _____ attached to a glycerol. TWO WORDS
15. Fats that are usually liquid at room temperature, such as those that come from olives or nuts. TWO WORDS
16. Another name for fats, based on the three fatty acid chains linked to a glycerol to make a fat.
18. One of the two types of essential fatty acids your body needs. Among other foods, it can be found in tuna, dark leafy green vegetables and flax seeds. TWO WORDS
19. Fats that are usually solid at room temperature, such as butter. TWO WORDS
20. What we call the glucose in your bloodstream. TWO WORDS





VOCABULARY CROSSWORD

VITAMINS



VITAMIN DEFICIENCY
IODINE
GOITER
FAT SOLUBLE
IRON
SCURVY
OXIDATION

WATER SOLUBLE
SODIUM
ANTIOXIDANT
CALCIUM
RICKETS
MINERAL
COENZYME





VOCABULARY CROSSWORD

VITAMINS



Across

1. A disease caused by a vitamin C deficiency.
3. A mineral your body needs to have strong bones.
4. A vitamin that dissolves easily in water and is not stored in your body is said to be _____. TWO WORDS
6. A swelling of the thyroid gland that can result from a lack of iodine.
8. What occurs when fruits are exposed to air, and the oxygen stimulates cellular enzymes to begin to break down the cell walls, turning the fruit brown.
11. A mineral found in seawater and iodized salt.
12. An important mineral for your body that is plentiful in beef.
13. A condition that occurs when your body doesn't get the proper amount of a vitamin it needs. TWO WORDS
14. A vitamin that dissolves easily in fat and is stored in your body is said to be _____. TWO WORDS

Down


2. A disease caused by a vitamin D deficiency, affecting how bones grow and remodel.
5. Something that helps to stop the oxidation process.
7. An enzyme's helper. Some vitamins play this helper role in your body.
9. One of the minerals that your body needs most. It is found in table salt.
10. A nutrient originally obtained from non-living sources. These nutrients are usually found in the earth, rivers, lakes, streams and oceans, and many are required by your body.



Copywork

Do not be wise in your own eyes; fear
the LORD and shun evil. This will bring
health to your body and nourishment to
your bones.

Proverbs 3:7-8



Copywork

Do not be wise in your own eyes; fear
the LORD and shun evil. This will bring
health to your body and nourishment to
your bones.

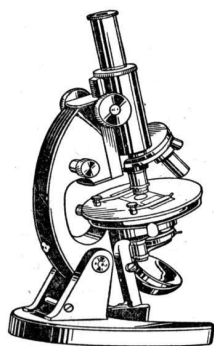
Proverbs 3:7 -8

NUTRITION MATCHBOOK

LESSON 5

Paste your Nutrition
Matchbook onto this
page.





MORE TO EXPLORE



LESSON 5

The Bible and Food

What does the Bible say about foods that are good for you? Read the story of Daniel and learn about the food he ate when he was taken into captivity. You can also study the different foods mentioned in the Bible. Which foods are considered healthy and which are considered unhealthy? Why did God deem some clean and some unclean? Organize your findings into a report and present it to your family.

People in the Bible grew their own food. Did it taste better than the store bought food we eat today? You can find out by growing some fruits and vegetables in your back yard. Do a taste test by comparing your homegrown food with the same food items from a grocery store. Which do your taste buds prefer: store bought or homegrown?

Vitamin C and Cold Prevention

Vitamin C is said to be effective against colds. Conduct an experiment to see whether taking vitamin C can prevent or lessen the symptoms associated with the common cold. Gather a large group of people. Instruct half of the group to take vitamin C every day for 30 days, and the other half not to take any vitamin C. Contact the people regularly during the 30 day period to see if they have experienced any cold symptoms. Note the severity of the symptoms. At the end of the 30 days, compare the two groups. Write a summary of your findings about the effectiveness of vitamin C for cold prevention. If done correctly, this could be a great science fair project.

Plants and Vitamins

The nutrients we feed plants are like vitamins for the plants. You can conduct an experiment to identify which brand of food is best for plants. You can also experiment to find out which types of nutrients are best for plants. You will need three identical plants in identical soil and containers, placed in the same spot and watered the exact same amount. You will also need two kinds of plant food. One of the three plants will be your control plant, receiving no food at all. The other two should be tested with one kind of plant food each. After a time, measure the plants' growth and color (inductive and deductive data) and record which plant fared best.

Cookbooks for Kids

The Gastrokid Cookbook by Hugh Garvey and Matthew Yeomans. This cookbook is for the kid who's willing to boldly explore new culinary tastes and experiences!

New Junior Cookbook: Better Homes and Gardens. The adult version of this "red and white checked" cookbook was the staple of my parents' kitchen and is a staple in mine as well.

Southern Living Kids Cookbook by Southern Living. This cookbook contains 124 recipes that kids will love to cook and eat!

"C" is for Cooking: Recipes from the Street by Susan McQuillan. Every recipe in this cookbook highlights at least one task that a young child can perform.

My Nutrition Projects

Lesson 5

What I did:

What I did:

What I learned:

What I learned:



SCIENTIFIC SPECULATION SHEET

Testing for Vitamin C

Lesson 5

Name _____

Date _____

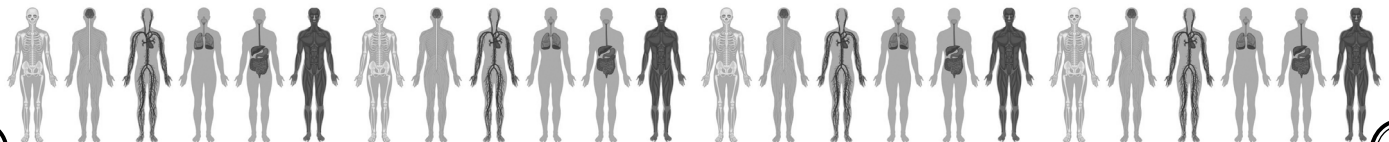
Materials Used:

Procedure:

Hypothesis:

Results:

Conclusion:



NUTRITION MATCHBOOK



This is the matchbook cover that will hold all your rectangular pages.

Instructions:

1. Cut out the matchbook cover along the dotted lines. **Do not cut the blue fold lines!**
2. Fold along the blue lines so that the large foods flap and the small cherries flap face outward in the same direction.
3. Cut out the rectangles on this page and the next and fill in the information you learned about each topic.
4. Lift the large flap and place all the pages you created under the small flap.
5. With the large cover flap open and your pages under the small flap, staple your matchbook on the white line that crosses the center of the small flap. This will hold all your pages inside. **Do not staple the cover closed!**
6. Fold the large flap down and tuck it into the small flap, like a matchbook.
7. Glue this side (with these words) onto the "Nutrition Minibook" paste page (*NJ p. 78*).



Protein



Carbohydrates



Calcium



Water







Vitamin A





B Vitamins



Minerals