

SCIENCE

Student Book

► **3rd Grade | Unit 4**

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SCIENCE 304

YOU ARE WHAT YOU EAT

Introduction | **3**

1. How to Build a Healthy Body 4

Food Your Body Needs | **6**

Food Your Body Does Not Need | **19**

Self Test 1 | **22**

2. How to Plan for Healthy Eating 25

Choosing the Right Foods | **26**

Preparing Wholesome Snacks | **36**

Self Test 2 | **38**

3. How to Form Good Health Habits 40

Care of the Teeth | **41**

Care of the Eyes | **44**

Care of the Body | **45**

Care of Your Thoughts | **47**

Self Test 3 | **49**

LIFEPAC Test | **Pull-out**

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YOU ARE WHAT YOU EAT

“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” 1 Corinthians 10:31

In this LIFEPAK®, you will learn how to build a healthy body. You will learn how to plan for healthy eating so that you can have a healthy body. Also, you will read about some good habits that will help you to care for your body.

Objectives

Read these objectives. The objectives tell you what you will be able to do when you have finished this LIFEPAK.

1. You will be able to tell six ways that food helps your body.
2. You will be able to name foods that are junk foods and tell why junk foods are not good foods.
3. You will be able to name the five food groups.
4. You will be able to name foods from each food group.
5. You will be able to tell how to take care of your teeth, eyes, body, and thoughts.

1. HOW TO BUILD A HEALTHY BODY

You need to eat good food in order to grow a strong body. Some food does not help to build your body. You will not be hungry for good foods if you eat too much of the food that does not help you. Read this section of your LIFEPAK to find out why your body needs food. Read to learn about the helpful foods and the foods that do not help you.

Vocabulary

Study these new words. Learning the meanings of these words is a good study habit and will improve your understanding of this LIFEPAK.

additive (ăd' dī tiv). Something added to food.

bacon (bā' kən). The salted meat from a pig.

beef (bēf). The meat from a cow.

blood (blūd). The red liquid that flows through the body.

calorie (kāl' ə rē). The unit of energy supplied by food.

cereal (sîr' ē əl). A food made from grain.

cheese (chēz). A food made from milk.

citrus (sit' rəs). Fruit such as oranges, limes, or grapefruit.

disease (dī zēz'). Sickness.

energy (ěn' ər gē). The power to do something.

hamburger (hăm' bûr' gər). Ground meat.

healthy (hēl' thē). Having good health.

junk (jŭngk). Anything that is not useful.

macaroni (măk' ə rō' nē). Hollow tubes made of flour and water.

magazine (măg' ə zēn'). A publication printed at regular times.

mineral (mĭn' ə r ə l). Something found in food that is good for the body.

muscle (mŭs' ə l). The part of the body that makes the body move.

nutrient (nŭō' trē ə nt). The part of the food that is good for the body.

pork (pôrk). The meat from a pig.

scurvy (skûr' vē). A disease caused by lack of vitamin C, a nutrient found in citrus fruits and other fruits and vegetables.

snack (snăk). A light meal.

spaghetti (spə get' tē). Long, thin strands made of flour and water.

steak (stāk). A cut of meat.

toast (tōst). A slice of bread browned by heat.

veal (vēl). Meat from a calf.

vitamin (vī' tə mĭn). Something found in food that is good for the body.

weight (wāt). How heavy something is.

Note: All vocabulary words in this LIFEPAK appear in **boldface** print the first time they are used. If you are unsure of the meaning when you are reading, study the definitions given.

Pronunciation Key: hat, āge, cāre, fār; let, ēqual, tērm; it, īce; hot, ōpen, ôrder; oil; out; cup, pŭt, rŭle; child; long; thin; /FH/ for then; /zh/ for measure; /u/ or /ə/ represents /a/ in about, /e/ in taken, /i/ in pencil, /o/ in lemon, and /u/ in circus.

Ask your teacher to say these words with you.



Teacher check:

Initials _____ Date _____

Food Your Body Needs

The class was excited. Mrs. Farmer, the teacher, explained they were going to talk about food. Everyone was interested in food. Bob thought about hot dogs. Jane was thinking about ice cream. Fred dreamed of candy. Ann could taste a soft drink. All the students were ready to listen to Mrs. Farmer because food was something that interested everyone.



| Mrs. Farmer

"Students, we will talk about food today," said Mrs. Farmer. "We will find out how each of us can build a **healthy** body. To have a healthy body, we must eat good food. Why should you eat good food?"

Mrs. Farmer started to write on the chalkboard as she talked to the class. She wrote, Food Helps Your Body. Under those words, she wrote the numbers one to six.



As you read the story, write Mrs. Farmer's list on the lines.

Food Helps Your Body

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

John was the first to answer the question. "Food helps us grow taller," he said.

"Yes," said Mrs. Farmer as she wrote John's words after number 1 on the list.

"Food helps us gain **weight**," said Babs. "We could grow taller, but we need to gain weight as we grow."

"You're right," said Mrs. Farmer as she wrote Babs' words after number 2 on the list.

"Food helps repair our bodies when we are hurt. When I broke my arm, I had to eat good food so the bones would grow together," said Bill.

"That's right," said Mrs. Farmer. She wrote Bill's idea after number 3 on the list.

"Food helps to keep us warm," said Mary. "Warm **cereal** feels good inside my body on a cold day."

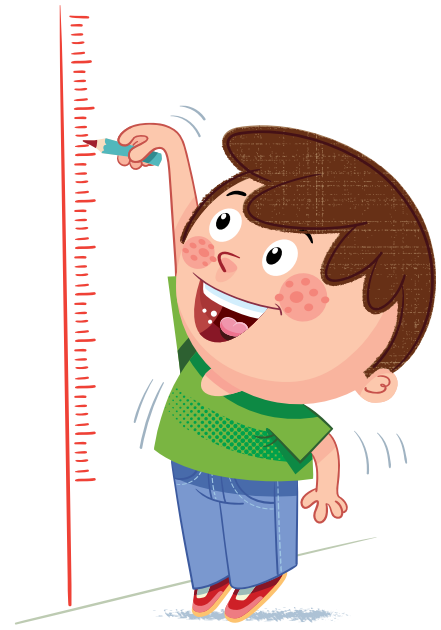
"You are right," said Mrs. Farmer as she added Mary's words to the list after number 4.

"Food can keep us from getting sick," said Tom. "My uncle said that men on the old sailing ships had to eat **citrus** fruits and vegetables when they were on long trips to keep from getting a **disease** called **scurvy**."

"Right," said Mrs. Farmer. She wrote Tom's words on the board after number 5. "Can anyone think of another way that food helps us?"

Everyone was quiet. Everyone was thinking. Each student read the list again. Not one person raised a hand to offer an answer.

"I will give you some help," said Mrs. Farmer. "All your ideas have to do with the body you can see. What do you do with your body?"



| Food helps you grow taller.

"I run at the ball game," said Joe.

"I jump rope at playtime," said Janet.

"I walk a mile to school," said Tim.

"All that running, jumping, and walking takes a lot of **energy**," said Mrs. Farmer. "Energy has to come from something."

"Does food give us energy?" asked Jean.

"Yes, that is another way that food helps you," answered Mrs. Farmer. She wrote "Food gives you energy" after number 6 on the list.



Read your list.

Have you written down the ways that food helps your body?

Check your list with Mrs. Farmer's as you read the rest of the story.

"Read with me as you check your list," said Mrs. Farmer. The teacher and the class read the list on the board.

Food Helps Your Body

1. Food helps you grow taller.
2. Food helps you gain weight.
3. Food helps to repair your body.
4. Food helps to keep you warm.
5. Food helps to keep you from getting sick.
6. Food gives you energy.



Read your list again. Check to be sure that you wrote all six ways that food helps your body.



Read the following sentences. The sentences are in the wrong order.

1.1 Write the sentences on the lines in the order that the sentences happened.

Mrs. Farmer wrote on the board.

John got out of bed.

John ran to school.

John prayed at breakfast.

John said, "Good morning, Mrs. Farmer."

- a. _____

- b. _____

- c. _____

- d. _____

- e. _____

The next day, the class wanted to talk about food again. Jane wondered if ice cream would keep her from getting sick. Fred was not sure that candy would help him grow tall enough to be a basketball player. Everyone had questions to ask Mrs. Farmer.

"What food do you think is one of the best for you?" asked Mrs. Farmer.

"I drink milk with every meal," said Dick. "Milk must be good for me."

"Yes, milk is in one of the important food groups called dairy," said Mrs. Farmer. "You should drink two or three 6-ounce glasses of milk every day. You can eat low-fat or fat-free **cheese** or yogurt instead of one of the glasses of milk if you want. A lot of good things are in milk. These things are called **nutrients**. The nutrients help your bones and teeth grow strong." MyPlate and the dietary guidelines for Americans were updated by the USDA. You can go to www.choosemyplate.gov for more information.



Complete these drawings.

1.2

Draw three glasses of milk, a piece of cheese, and a cup of yogurt.
Milk

A large, empty rectangular box with a thin green border, intended for the student to draw the requested items.

Cheese

Yogurt



Write on these lines what the nutrients in the dairy group do for your body.

1.3



Write the answers on the lines.

1.4 Milk, yogurt, and cheese are in the _____ group of foods.

1.5 The things in milk that help your body are called

_____.

1.6 You should drink _____ or _____ 6-ounce glasses of milk a day.

"What other food do you think is good for you?" asked Mrs. Farmer.

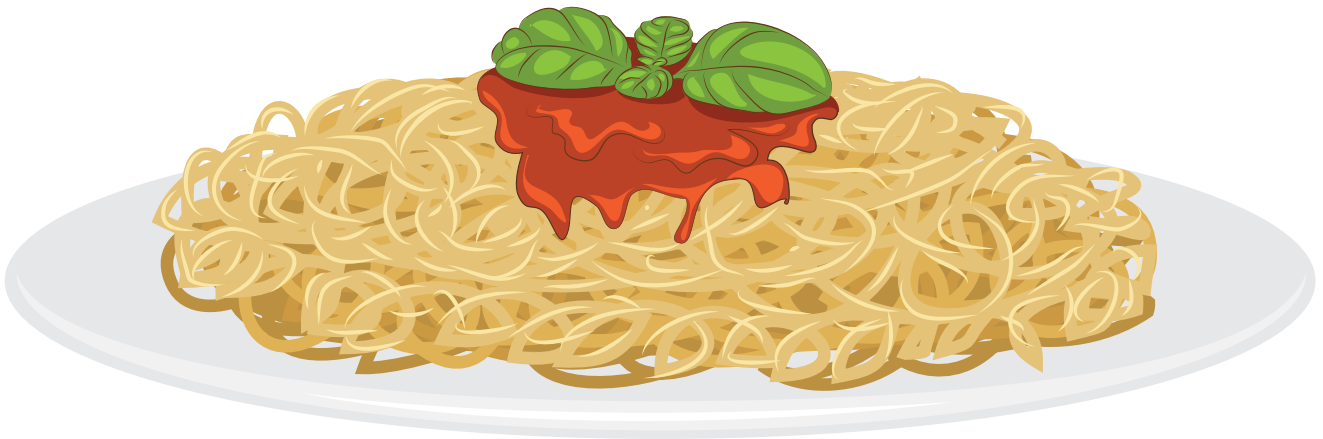
"My mother always tells me to eat my bread," said Jim. "I think bread is good for me."

"Yes, bread and cereal are in another important food group which is called the grains group. You should eat four or more servings a day. A slice of bread or a bowl of cereal is one serving. This food group gives you energy. Why do you need energy?"

"We need energy to run and walk," said Bill.

"Other foods in the grains group are **macaroni**, rice, **toast**, popcorn, and **spaghetti**," said Mrs. Farmer.

When Mrs. Farmer said spaghetti, everyone smiled. Everyone in the class liked spaghetti.





Look in a magazine.

- 1.7** Find pictures of foods in the grains group. Paste the pictures in the space.



Write the name of the food group on the lines.

- 1.8** Cooked cereal belongs to the _____ group of foods.
- 1.9** Spaghetti belongs to the _____ group of foods.
- 1.10** Cheese belongs to the _____ group of foods.
- 1.11** Grains help to give you _____ .
- 1.12** Dairy helps to build _____ and _____ .

"You have named two food groups. Can you think of another group of foods?" asked Mrs. Farmer.

"I think meat is an important food," said Jean.

"Right! Meat is in another food group called protein. You should have three or more servings of this food group every day. These foods help your body grow. If your body needs to be repaired, these foods help to make the body better."



"That's what my doctor said when I broke my arm. I had to eat a lot of proteins," said Bill.

"What kinds of different meats can you find in the magazines? Cut out pictures of meat and beans and glue them on your LIFE PAC page," said Mrs. Farmer.



Follow the directions given by Mrs. Farmer.

- 1.13** Cut out pictures from magazines of different proteins. Paste the pictures here.



"What kinds of different proteins did you find?" asked Mrs. Farmer.

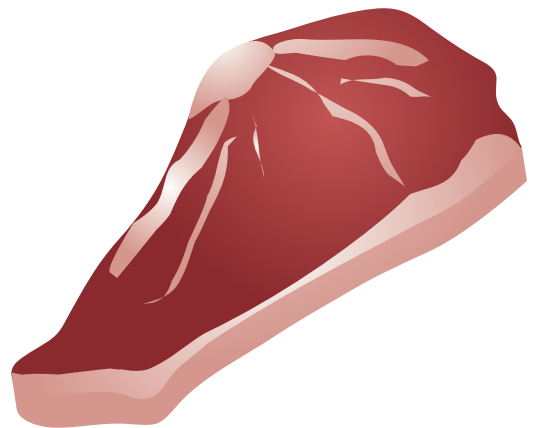
"I found **pork** chops, fish, and split pea soup," answered Bob.

"I cut out **beef steak**, lobster, and **hamburger**," said Kim.

"I have **bacon**, navy beans, and **veal**," said Babs.

"I have lamb. Is chicken in this food group?" asked Janet.

"Yes, chicken and turkey are in this food group, too. Also, eggs, nuts, and seeds are part of this group. Try to find pictures of all these foods," said Mrs. Farmer.





Write the answers to the questions.

1.14 What group of food helps a cut finger to get better? _____

1.15 What group of food helps your bones and teeth grow strong? _____

1.16 What group of food gives you energy? _____

"You have other food groups to study," said Mrs. Farmer.

"I know. We need to eat food from the vegetables group and the fruits group," said Dan.

"Yes," said Mrs. Farmer. "Fruits and vegetables help the heart and other **muscles** work right. You should eat three or more servings a day of vegetables and two or more servings of fruits every day. They will help your **blood** stay healthy. Vegetables help other parts of the inside of your body work better too."

"I like green vegetables like spinach," said Bill.

"That is very good," said Mrs. Farmer. "It is also important to try lots of different kinds of vegetables like carrots that are orange and squash that is yellow or green because they all have different vitamins and nutrients in them that are good for you."

"What about fruits?" asked Mrs. Farmer.



"I like bananas, oranges, strawberries, and grapes," said Mary. "They are sweet and taste good."

"Red apples are my favorite," said Bill.

"Yes," said Mrs. Farmer. "All those fruits help your bodies because they need the **vitamins** and **minerals** in fruits to work right. Fruits can also help your body fight diseases like colds and flu. People who do not eat enough fruits and vegetables high in vitamin C, like grapefruit, oranges, and lemons, may get a disease called scurvy."

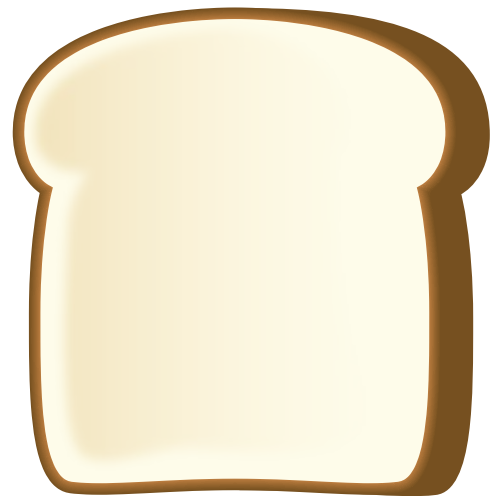
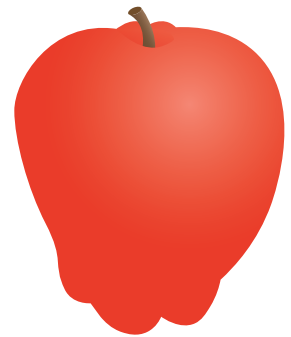
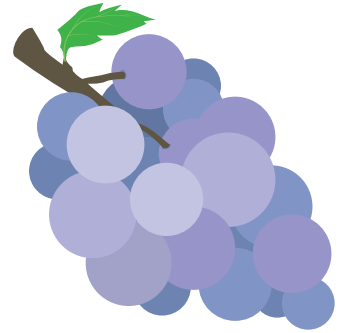
"I don't like fruits or vegetables hot," said John.

"That's ok," replied Mrs. Farmer. "You can eat vegetables or fruits that are fresh, dried, canned, or frozen."

"We have one more thing to talk about to be sure that you are eating a healthy diet. You need to be sure that you have healthy oils with your food or eat foods that have healthy oils in them. Oils are not a food group, but it is important that we eat them to keep our bodies healthy. Oils are liquid when they are sitting out on the counter and come from plants and fish. Corn, olive, and sunflower oil are among the healthy oils. Some foods that have these oils are nuts, olives, some fish, and avocados."

"Nuts like peanuts?" asked Babs. "Like peanut butter?"

"Yes," replied Mrs. Farmer. "Peanut butter or avocado on whole grain bread would be a wonderful healthy choice."





Complete these activities.

- 1.17** Draw pictures of three fruits under Fruits and three vegetables under Vegetables.

Fruits

Vegetables

- 1.18** List the five food groups plus the other important things that need to be included for a healthy diet.

1. _____
2. _____
3. _____
4. _____
5. _____
plus _____



Draw a line from the food to the group in which it belongs.

- | | | | |
|-------------|-----------|---|------------|
| 1.19 | eggs | ● | dairy |
| 1.20 | cheese | ● | protein |
| 1.21 | ice cream | ● | vegetables |
| 1.22 | apples | ● | grains |
| 1.23 | macaroni | ● | fruits |
| 1.24 | hamburger | ● | |
-

Food Your Body Does Not Need

The students in the class enjoyed showing each other the pictures they had drawn in their LIFEPAK. Mrs. Farmer looked like she had some more interesting things to tell them the next day.

"You have learned about why your body needs good food. You have learned about the good foods in the five food groups that give your body strength, energy, nutrients, and vitamins. Now, I want to tell you about foods that your body does not need much of," said Mrs. Farmer.

"Do you mean sweets and fats that are solid when they sit on the counter?" asked Ann.

"Yes," answered Mrs. Farmer. "Did you know your body can need good food even though you have eaten a lot of food? If the food you eat, like sweets, has few nutrients, your body will not be healthy. Boys and girls who live on **snacks** such as potato chips, cake, cookies, candy, and soft drinks are filling themselves with empty **calories**. These kinds of food are extras, and you should only have a little of them. Sometimes, empty calories are called **junk** food. You will learn later how you can have fun making good snacks that have many nutrients in them."



Answer the questions.

- 1.25** What do you think "empty calories" means? _____

- 1.26** Do snacks have to be made of only junk food? _____

- 1.27** What kinds of good foods could be in a snack? _____

Mrs. Farmer talked again to the class.
“Other foods you do not need are foods that have **additives** in them. Some additives can change the color of the food. Other additives help to keep the food fresh. Some additives make the food taste better. Sometimes, these additives are not good for you. You have to be careful that the food you eat is good for you.”

**Answer the questions.**

- 1.28** What is the name of something added to food to keep the food fresh? _____
- 1.29** What is added to food to make the food taste good? _____

- 1.30** What is added to food to change the color? _____

**Teacher check:**

Initials _____ Date _____



For this Self Test, study what you have read and done. The Self Test will check what you remember.

SELF TEST 1

Each answer = 1 point

Find the names of the five food groups. Put a ring around each group.

1.01 AFRUITSNADVEGETABLESZ

1.02 DAIRYMFJKOFTXSNDDOBLS

1.03 BREAGRAINSREALLIMSTW

1.04 MJNTHTEMKPROTEINDNDV

Write the names of the five food groups plus the other set of things you need on the lines.

1.05 _____

1.06 _____

1.07 _____

1.08 _____

1.09 _____

1.010 plus _____

Draw a line from the food to its food group.

1.011 milk	●	oils
1.012 chicken	●	
1.013 avocados	●	dairy
1.014 toast	●	
1.015 hamburger	●	proteins
1.016 eggs	●	
1.017 oranges	●	vegetables
1.018 bread	●	
1.019 ice cream	●	grains
1.020 apples	●	
1.021 carrots	●	fruits

Write the correct word from the list on the line.

energy
scurvy

additives
protein

junk
grains

nutrients

1.022 Things put into food to change the color are called _____.

1.023 Fish belongs in the _____ food group.

1.024 When someone does not eat enough fruits and vegetables high in vitamin C, he can get a disease called _____.

1.025 Spaghetti is in the _____ food group.

1.026 The things in milk that build bones and teeth are called _____.

1.027 To run and play, you need a lot of _____.

1.028 Empty calorie food is another name for _____ food.

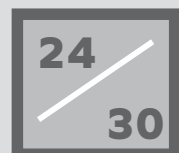


Teacher check:

Score _____

Initials _____

Date _____





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