Reteaching Activity

Boosting Your Nutrition Knowledge

Directions: Use one of the words below to complete each sentence.
When you have completed the sheet, use it as a guide to help you make healthy choices about nutrition.

<table>
<thead>
<tr>
<th>vitamins</th>
<th>nutritionists</th>
<th>supplements</th>
<th>nutrients</th>
<th>fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>protein</td>
<td>carbohydrates</td>
<td>water</td>
<td>mineral</td>
<td>fats</td>
</tr>
</tbody>
</table>

1. Your body needs ______________ to help you carry wastes out of your body. This nutrient is found in raw fruits and vegetables and whole grains. Most teens do not get enough of this vital nutrient.

2. Without an adequate supply of ______________, your body will not have the energy it needs to perform daily activities. Many marathon runners will eat large amounts of this class of nutrients the night before their race. This helps them store energy for later use.

3. ______________ helps your body repair tissues and provides the building blocks your body needs for growth. This nutrient is especially important for the development of muscle tissue in the body.

4. There are six main classes that all ______________ are divided into.

5. Nutrients that help the body regulate functions can be found in foods and in supplements. In comparison to other nutrients, your body only needs a small amount of ______________ to maintain good health.

6. Calcium is an example of a ______________ that helps your body build strong bones and teeth. This class of nutrients is an element that your body needs to work properly.

7. Two-thirds of your body is ______________.

8. Some ______________ are essential for proper health even though you only need a small amount in your diet. Salad dressings, doughnuts, and fried foods contain a lot of this nutrient.

9. ______________ is the science that studies the substances in food and how the body uses them.

10. Vitamin ______________ is important for good vision.
Guided Reading and Writing Activity

Healthful Meals

Guided Reading

Directions: Please refer to the information presented in the course and answer the following questions.

1. Define *nutrient dense*.

2. How can you eat healthy food even when you are away from home or in a hurry?

3. Why must food be kept safe?

Writing

Directions: Choose one of the following selections and write your answer in your online Notebook.

Accessing Information: You have learned the need for eating a healthy breakfast. Research what someone in another country eats for their breakfast meal. What are the similarities to the breakfasts your family eats? What are the differences?

Communication Skills: Imagine you are nutritionist and have to write a report on why it is important to begin the day with a healthful breakfast. Write all the reasons why it is important to eat healthy in the morning.