



WORLD BOOK WEB

Nutrition Scavenger Hunt – WORLD BOOK ADVANCED

Have you ever heard the saying, “You are what you eat”? When it comes to eating healthy, it can really be true! Read about nutrition on the World Book Web and see if you can find the answers to the following questions!

Find It!

1. What do carbohydrates do for the body?
2. What are the five main food groups?
3. Which is the most important of all the nutrients?
4. How much physical activity should someone do each day?
5. List the diseases that can be caused by an inadequate diet.

Did You Know?

- While we can live without nutrients for several weeks, we can only live without water for about one week.
- The best sources of proteins are cheese, eggs, fish, lean meat, and milk.
- Foods that contain a lot of sugar are often high in calories and fat but low in minerals, proteins, and vitamins.
- When people eat more calories than they need, the body stores those extra calories as fat.

Learn More!

- Learn more about the recommended daily dietary allowances of some chief nutrients.
<http://worldbookonline.com/advanced/media?id=ta397360a>
- Vitamins are essential to human health. Click here to learn what vitamins can do for you!
<http://www.worldbookonline.com/advanced/media?id=ta587240a>

Answer Key

1. Carbohydrates provide the main source of energy for all living things.
2. Grains, vegetables, fruits, milk, and meat, fish, poultry, dried beans, eggs and nuts
3. Water
4. 30 minutes moderate to vigorous activity each day
5. Heart disease, cancer, deficiency diseases and other diseases