



WORLD BOOK WEB

Nutrition Scavenger Hunt

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 children and teenagers do each day/most days?
5. Watch the Balanced Diet video, what recommended percentage of your diet is given to protein? What does protein do for your body?

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 human digestive system
 - o <http://www.worldbookonline.com/wbdiscover/media?id=vd000638>
- Do you know how your plate should look? Click here to learn more.
 - o <http://worldbookonline.com/wbdiscover/media?id=pc351433>

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. Children and teenagers should be physically active for 60 minutes every day, or most days.
5. 12%. Protein provides growth, development, repairs and replaces tissues of the body.