



## Nutrition Scavenger Hunt – World Book Kids

Learn more about nutrition and keeping your body healthy on the World Book Web.

### Find It!

1. What is nutrition?

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2. Why should people eat a variety of foods?

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3. What are the six main groups of nutrients?

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4. Match the nutrient with what it does for the body.

Water	Helps the body grow.
Carbohydrates	Give us energy.
Fats	Helps other nutrients move through the body.
Proteins	Main source of energy for living things.
Minerals & vitamins	One of the main building materials of the body.

5. By what process does the body break food down into nutrients?

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### Did you know?

- The digestive system breaks down food into very tiny bits so they can pass into the blood through the wall of the small intestine. The blood then carries the nutrients to other parts of the body.
- People become obese when they take in more kilojoules than they use as energy over time. That is why it is important to eat healthy food and exercise regularly.
- Vegetarians do not eat meat, so vegetarians must make sure to eat foods that contain proteins, vitamins, and minerals.

### Learn More!

- Learn more about the digestive system here:  
<http://www.worldbookonline.com/kids/home#article/ar830653>
- Learn more about obesity here:  
<http://www.worldbookonline.com/kids/home#article/ar832310>
- Learn more about vegetarianism here:  
<http://www.worldbookonline.com/kids/home#article/ar832114>

## Answer Key

1. Nutrition is the science that deals with food and how the body uses it.
2. Eating a variety of foods is the best way to make sure that the body gets everything it needs.
3. Water, carbohydrates, fats, proteins, minerals, and vitamins.
- 4.

Water	Helps other nutrients move through the body
Carbohydrates	Main source of energy for living things.
Fats	Give us energy.
Proteins	One of the main building materials of the body.
Minerals & vitamins	Helps the body grow.

5. Digestion