

Skills Worksheet

# Directed Reading

## Lesson: Nutrition and Your Health

1. Food contains \_\_\_\_\_ which your body needs to function properly.

### WHAT IS NUTRITION?

- \_\_\_\_\_ 2. Your body uses nutrients for
- a. energy.
  - b. growth.
  - c. healthy teeth and skin.
  - d. All of the above
3. The substances in food which help your body grow, stay healthy, and keep active are called \_\_\_\_\_.
4. Nutrition is the study of how our bodies use food to stay \_\_\_\_\_.
5. Practicing good nutrition means eating \_\_\_\_\_ foods.
6. List three daily activities that good nutrition helps you do.

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### HOW YOUR BODY USES FOOD

7. Your body uses \_\_\_\_\_ like a car uses fuel.
8. When you eat food it passes down your \_\_\_\_\_ into your stomach.
9. When food reaches your stomach, \_\_\_\_\_ break the food down into smaller parts.
10. These smaller parts pass into your \_\_\_\_\_, where they are broken down into \_\_\_\_\_.
11. Nutrients enter your \_\_\_\_\_ and are carried to your liver.

**Directed Reading** *continued*

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**12.** In the liver the nutrients are broken down into even

\_\_\_\_\_ parts.

**13.** List three things your body uses nutrients for.

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## **Lesson: The Nutrients You Need**

**14.** Carbohydrates, proteins, fats, vitamins, minerals, and water are the six

\_\_\_\_\_ nutrients.

### **THE SIX ESSENTIAL NUTRIENTS**

\_\_\_\_\_ **15.** The amount of energy your body gets from a food is measured in

- a.** Calories.
- b.** nutrients.
- c.** elements.
- d.** carbohydrates.

**16.** Three kinds of nutrients give your body energy. These are carbohydrates,

\_\_\_\_\_, and fats.

**17.** Vitamins, minerals and water do not have any \_\_\_\_\_.

**18.** Vitamins, minerals and water help your body use other

\_\_\_\_\_.

### **CARBOHYDRATES**

\_\_\_\_\_ **19.** The two types of carbohydrates are

- a.** sugars and starches.
- b.** rice and pasta.
- c.** fruits and breads.
- d.** sugar and spice.

**20.** Foods which contain \_\_\_\_\_ include table sugar, honey, and fruits.

**21.** Foods that contain \_\_\_\_\_ include rice, pasta, and bread.

**Directed Reading** *continued*

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**PROTEINS**

**22.** What do proteins help you build?

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**23.** Your body breaks down the proteins you eat into \_\_\_\_\_.

**FATS**

**24.** Fats help your body store some \_\_\_\_\_ and produce

\_\_\_\_\_.

**25.** Your body needs a \_\_\_\_\_ amount of fat to work properly.

**26.** \_\_\_\_\_ fats are found in butter, sour cream, cream cheese,  
and meats such as beef and pork.

**27.** \_\_\_\_\_ fats are found in cooking oils and salad dressings.

**VITAMINS**

**28.** Vitamins help your body use the \_\_\_\_\_ provided by other  
nutrients.

**29.** Vitamin C is found in orange juice and broccoli. It helps your body fight

\_\_\_\_\_.

**30.** You can get Vitamin A from carrots or sweet potatoes. What are some things  
Vitamin A does for your body?

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**31.** Which type of vitamin can help your concentration?

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## **Directed Reading** *continued*

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### **MINERALS**

**32.** Minerals are \_\_\_\_\_ that help your body to function properly.

**33.** Iron is a mineral. You can get iron from spinach and \_\_\_\_\_.

**34.** Iron helps your \_\_\_\_\_ transport oxygen.

### **WATER**

\_\_\_\_\_ **35.** Which is the most important nutrient?

- a.** fat
- b.** protein
- c.** water
- d.** carbohydrate

**36.** More than \_\_\_\_\_ of your body is made of water.

**37.** Water helps your body \_\_\_\_\_ food, transport \_\_\_\_\_, and maintain a steady \_\_\_\_\_.

**38.** To replace the water you lose, how much water should you drink each day?

\_\_\_\_\_  
**39.** If you don't drink enough water, your body will dry out, or \_\_\_\_\_.

### **Lesson: Eating for Life**

**40.** There are three guides that can help you pick the healthiest foods to eat. They are the Food Guide \_\_\_\_\_, the \_\_\_\_\_ Facts label, and the \_\_\_\_\_ for Americans.

### **THE FOOD GUIDE PYRAMID**

\_\_\_\_\_ **41.** You should try to eat foods from each group in the Food Guide Pyramid

- a.** every day.
- b.** every week.
- c.** once a month.
- d.** None of the above

**Directed Reading** *continued*

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\_\_\_\_\_ **42.** The Food Guide Pyramid

- a.** helps you decide which types of food to eat.
- b.** helps you decide how much of a food to eat.
- c.** is made up of six food groups.
- d.** All of the above

\_\_\_\_\_ **43.** Which of these foods belongs to the smallest block on the Food Guide Pyramid?

- a.** hamburger meat
- b.** chocolate
- c.** tomato
- d.** milk

**44.** The larger the block in the Food Guide Pyramid, the \_\_\_\_\_ of that type of food you should eat each day.

**45.** Which group has the largest block on the Food Guide Pyramid?

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**THE NUTRITION FACTS LABEL**

\_\_\_\_\_ **46.** Which of these important nutrition facts can be found on the Nutrition Facts label?

- a.** Calories
- b.** serving size
- c.** daily value of nutrients
- d.** All of the above

**47.** The \_\_\_\_\_ is found on the outside packages of food.

**48.** The daily value of a nutrient is the \_\_\_\_\_ of your daily nutrient need that the food contains.

**49.** A daily value of 20 percent or more means that a food is \_\_\_\_\_ in that nutrient.

**50.** A daily value of \_\_\_\_\_ percent or less means that a food is low in that nutrient.

**Directed Reading *continued***

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**GUIDELINES FOR GOOD NUTRITION**

- \_\_\_\_\_ **51.** The Dietary Guidelines for Americans suggest looking for foods which are low in
- a.** fiber, fat, and vegetable oil.
  - b.** salt, sugar, and fat.
  - c.** Calories, serving size, and nutrients.
  - d.** All of the above
- \_\_\_\_\_ **52.** The Dietary Guidelines for Americans also suggest
- a.** eating plenty of fruits and vegetables.
  - b.** storing foods properly.
  - c.** getting plenty of exercise.
  - d.** All of the above
- 53.** The Dietary Guidelines for Americans are a set of tips to help you practice good \_\_\_\_\_.
- 54.** The Dietary Guidelines for Americans suggest you take part in activities that make you \_\_\_\_\_.