**Nutrition Worksheet**

1. What nutrient provides fuel/energy for exercise?
2. What type of FOOD can be added to tacos, burritos, and soups that is high in fiber?
3. What food is high in fat and often added to burritos, sandwiches, and crackers?
4. Name three protein rich foods.
5. What does protein do for you?

a. changes your hair color

b. helps you grow

c. makes you popular in school

d. allows you to eat more candy

1. If I don’t eat enough protein this could happen.

a. nails fall off

b. you lose your balance and fall

c. hair falls off, teeth will rot

1. What food group causes the calories to triple in chicken if it is fried?
2. The best type of fluid for hydrating during the day is?

a. sports drinks like Gatorade/Powerade

b. juice drink

c. water

1. Why do we need to consume fat in our diet?
2. Your neighbor consumes a lot of hamburgers to ensure he gets enough fat. What is your advice to him?
3. Lard is great for frying because of its high smoking point. What type of fat is lard? What is a healthier alternative method to preparing the food?
4. What type of fat is mostly found in doughnuts?
5. If Transfat is considered unhealthy, why is it added to foods?
6. What vitamin prevents scurvy?
7. What mineral is needed for strong teeth and bones? Name three foods that are high in this mineral.
8. What mineral is necessary for nerve transmission? Name three foods that are high in this mineral.
9. Where in the body is iron found? In your: a. blood b. bones c. muscles
10. True or False: Eating foods high in vitamin C help to increase the absorption of iron.
11. Other than meat, name two other foods that contain iron.
12. Name three foods that contain calcium and vitamin D.
13. Why do you think vitamin D added to dairy products?
14. Is it better to take a vitamin C in a gummy vitamin or to eat an orange to get vitamin C?

*Match the nutrient with what it does for the body:*

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| 1. \_\_\_\_\_\_ Helps the body grow 2. \_\_\_\_\_\_ Give us energy 3. \_\_\_\_\_\_ Helps other nutrients move through the body 4. \_\_\_\_\_\_ Main source of energy for living things 5. \_\_\_\_\_\_ One of the main building materials of the body | 1. Water 2. Carbohydrates 3. Fats 4. Proteins 5. Minerals & vitamins |