

Name: _____

Class: _____



NUTRITION DETECTIVE WORKSHEET



After visiting all the bases, complete the chart below!



1. INGREDIENTS LIST

These foods can be found at the bases.
(Circle the ones you remember seeing.)

- | | |
|---------------|------------------|
| 1. chicken | 13. milk |
| 2. egg | 14. yogurt |
| 3. fish | 15. leafy greens |
| 4. beans | 16. spinach |
| 5. bread | 17. carrot |
| 6. rice | 18. orange |
| 7. pasta | 19. banana |
| 8. potato | 20. strawberry |
| 9. avocado | 21. water |
| 10. nuts | 22. tofu |
| 11. olive oil | 23. sweet potato |
| 12. cheese | 24. whole grains |

2. BENEFITS WORD BANK

Use these words and phrases to help
you complete the chart.



- builds and repairs body tissues.
- helps you grow.
- makes new cells.



- gives you energy.
- helps you do activities.
- helps your brain think.
- helps your muscles work.



- protects your organs.
- helps your brain work well.
- gives you energy.



- helps your body fight disease.
- keeps your eyes and skin healthy.
- helps your body grow and heal.



- builds strong bones and teeth.
- helps your blood carry oxygen.
- keeps your body working well.



- controls your body temperature.
- prevents dehydration.
- transports nutrients.
- removes waste from your body.

3. COMPLETE THE CHART

Write the correct information in each column.

Use the words from the word bank and the ingredients list.



NUTRIENTS (What is it?)	MAIN BENEFITS (What does it do for our body?)	FOOD EXAMPLES (Foods rich in this nutrient)
PROTEIN	_____	_____
CARBOHYDRATES	_____	_____
FATS (HEALTHY FATS)	_____	_____
VITAMINS	_____	_____
MINERALS	_____	_____
WATER	_____	_____



Think like a detective!



Eat well.



Live well.



Good food, good life!

