

Nutrition Reading Activity

Instructions: Read the passage three times and answer the questions that follow.

Food & Nutrition

When we think about food, many pictures pop up in our head. We think of what we want to eat, and things that we need to eat, but what is food and why do we eat? **Food** is any substance that the body can use. It helps the body to make energy, grow strong, stay healthy and repair cells. All living things take part in a process called **nutrition**. The process of eating food for energy and cell building is called **nutrition**.



We eat food to get nutrients. Food plays an important role in our lives and it is one of our basic needs. **Food nutrients** are chemicals that are found in food, and they are needed to maintain good health and keep the body working properly. There are six food nutrients:

1. **Carbohydrates**- used for energy
2. **Fats**- used for energy when carbohydrates are not available.
3. **Protein**- used for building and repair
4. **Water**- used to transport substances around the body and lubrication.
5. **Vitamins**- these control many bodily functions. There are six (6) vitamins: A, B, C, D, E and K.
6. **Minerals**- elements that are essential for good health. Examples are calcium (found in milk) and phosphorus.

Vitamin	What it does (function)	Where you get it (Sources)
A	<i>Healthy skin and eyes; strong bones and teeth</i>	<i>Oranges, carrots mangoes, etc., spinach, kale, meat and milk</i>
B	<i>Helps body use carbohydrates, helps blood, nerves and heart function</i>	<i>Meats, whole grains, beans, peas, nuts and seafood</i>
C	<i>Helps body absorb iron, strengthens immune system</i>	<i>Citrus fruits (oranges, lemons, grapefruits, limes), spinach, kale, broccoli, cabbage</i>
D	<i>Builds strong bones and teeth; helps body to use calcium and phosphorus</i>	<i>Sunlight, milk, eggs, fish</i>
E	<i>Protects cells from damage, keeps skin healthy</i>	<i>Oils, fats, eggs, wholegrains, liver, spinach, kale</i>
K	<i>Helps blood to clot</i>	<i>Spinach, kale, tomatoes and potatoes, also made by the large intestine by bacteria</i>

Fiber is a type of carbohydrate that our bodies need, however, we cannot break it down. Fiber helps to keep our digestive system healthy by pushing unwanted food (waste) out of our digestive system. We get fiber by eating fruits, vegetables, and oatmeal. The next time you sit down to eat, think about what nutrients you are putting into your body!

Questions

1. Why do we eat? _____
2. Define the term 'food'. _____
3. Name the process that all living things take part in. _____
4. What is nutrition? _____
5. True or false: Food is one of our basic needs. _____
6. True or False: Fats are used for energy when carbohydrates are not available. _____
7. Why is the function (job) of protein in the body? _____
8. State TWO examples of minerals: _____
9. What is the function of vitamin A? _____
10. Name one SOURCE of vitamin K. _____
11. What is the name of the vitamin produced in the skin when we are in sunlight? _____
12. Which vitamin helps to build strong bones and teeth? _____
13. Vitamin _____ is responsible for keeping the skin healthy.
14. Vitamin _____ helps the heart and nerve function (work) properly.
15. A good source of vitamin C are _____ fruits.

