

Name _____ Roughage or Fiber Worksheet

Our bodies need a daily supply of many different nutrients to stay healthy. We get these nutrients by eating a variety of foods. Name the nutrients contained food:

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

Many foods contain a substance called fiber. It is also called roughage. Fiber is found in whole grains, vegetables, legumes, and fruits. It is not found in meat, milk, eggs, cheese, or fats. Nuts and seeds are also a source of fiber.

7. Fiber is sometimes called _____.

Name five food sources of fiber:

- 8.
- 9.
- 10.
- 11.
- 12.

Our bodies cannot digest or absorb fiber. It is called a non-nutrient. In the small and large intestine fiber attracts water just like a dry sponge soaks up water. When fiber acts like a sponge the amount of material in the intestine is increased. Therefore, fiber creates bulk in the diet.

13. Fiber is called a non-nutrient because _____.

14. In the small intestine, fiber attracts _____ which increases bulk.

The soft bulky mixture of fiber and water help move food through the intestines. Low fiber diets do not attract water.

15. Without the presence of fiber in the small intestine, the digested food mixture became _____
or _____.

16. The largest contributors of fiber to our diet are _____.

Name the two sections of the wheat kernel that are high in fiber:

- 17.
 - 18.
 19. White flour is made from what part of the wheat kernel? _____
 20. Whole wheat flour is made from what part of the wheat kernel? _____
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