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

LIVEWORKSHEETS