

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

## 2. BENEFITS WORD BANK

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

Controls your body temperature.  
Prevents dehydration.  
Transports nutrients.  
Removes waste from your body.

Builds strong bones and teeth.  
Helps your blood carry oxygen.  
Keeps your body working well.

Builds and repairs body tissues.  
Helps you grow.  
Makes new cells.

Helps your body fight disease.  
Keeps your eyes and skin healthy.  
Helps your body grow and heal.

Gives you energy.  
Helps you do activities.  
Helps your brain think.

Protects your organs.  
Helps your brain work well.  
Gives you energy.

## 3. COMPLETE THE CHART

Write the correct information in each column.

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

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



Think like a detective!



Eat well.



Live well.



Good food, good life!

