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

Think like a detective! Eat well. Live well. Good food, good life!

LIVEWORKSHEETS