

**SIMPLIFIED SCIENCE UNIT**

# **Nutrition**



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**Grade / Topic Level : Grade 5 (Adapted) thru 8 (Modified)**

## Nutrition

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## How Our Body Uses Food

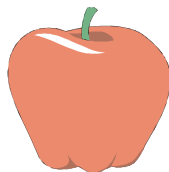
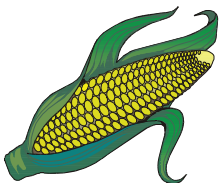
KEY WORDS:     cells -       the smallest living part of our body  
                  diet -        the foods we eat every day  
                  nutrients - the goodness we get from food  
                  oxygen -     a gas in the air used by our body

Good nutrition comes from eating healthy food. We eat food when we are hungry. The food we eat has a lot to do with how healthy we are. It is very important to eat a well balanced diet that includes a variety of foods.

The food we eat has special things called nutrients. Our body needs nutrients. Nutrients help the cells in our body grow, repair, and reproduce. Nutrients also give us energy to work and play.

We need food to grow, to help our body to work, and to give us our daily energy. Foods do not all have the same food value or goodness. To live a healthy life we need to eat, get enough exercise, and to sleep well.

Our body is made up of millions of cells. All the cells in our body need oxygen. Oxygen helps our body cells use the nutrients we get from the food we eat. It takes about 24 hours for our body to digest food.



## Test 1: How Our Body Uses Food

1. Circle the things we need to do to live a healthy life:

- Eat good food
- Eat two chocolate bars for lunch
- Eat grass
- Get lots of exercise
- Sleep well
- Eat a balanced diet



2. Print the correct letter on the small line, to match the meaning:

- |                    |       |                              |
|--------------------|-------|------------------------------|
| i. the food we eat | _____ | a. things that help us grow  |
| ii. cell           | _____ | b. smallest part of our body |
| iii. oxygen        | _____ | c. diet                      |
| iv. nutrients      | _____ | d. a gas in the air          |

3. Three things we need food for are :

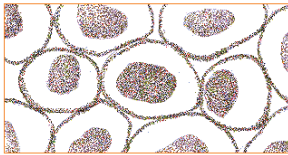
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



4. Print words from inside the box to finish the sentence.

- a) Our body is made up of millions of \_\_\_\_\_.
- b) All cells need the gas called \_\_\_\_\_ to live.
- c) It takes about \_\_\_\_\_ hours for our body to digest our food.
- d) We eat when we are \_\_\_\_\_.
- e) Not all foods have the same \_\_\_\_\_.

blood cells



hungry	cells	goodness
oxygen	10	24

5. What am I? (Draw a line to the answer)

- a. I am a gas  
Your body needs me. diet  
I am ??
  
- b. Nutrients are in me.  
I am needed all over the world. food  
I am ??
  
- c. I should be balanced.  
I am all the food you eat each day. oxygen  
I am ??