

Write one important fact from each paragraph in this space.

Science Shorts -7

You are What You Eat

Healthy bodies need a variety of food substances called nutrients. Eating a variety of foods will provide the body's requirements of proteins, carbohydrates (sugar and starches), fats, vitamins and minerals.

Proteins are building blocks for the body. They are important for growth and development of all body tissue and the formation of hormones. Meat, fish, dairy products, eggs, nuts, seeds, whole grains and beans are sources of proteins. If you don't have enough proteins your muscles will not grow and be strong, your fingernails and hair will begin to fall out and you will be tired all the time.

Carbohydrates (sugar and starches) are the chief source of energy for all bodily functions and assist in the digestion of other foods. Main sources of carbohydrates are cereals, bread, spaghetti, grains, fruits and vegetables and potatoes. If you have too many carbohydrates in your diet, you will gain weight and become fat.

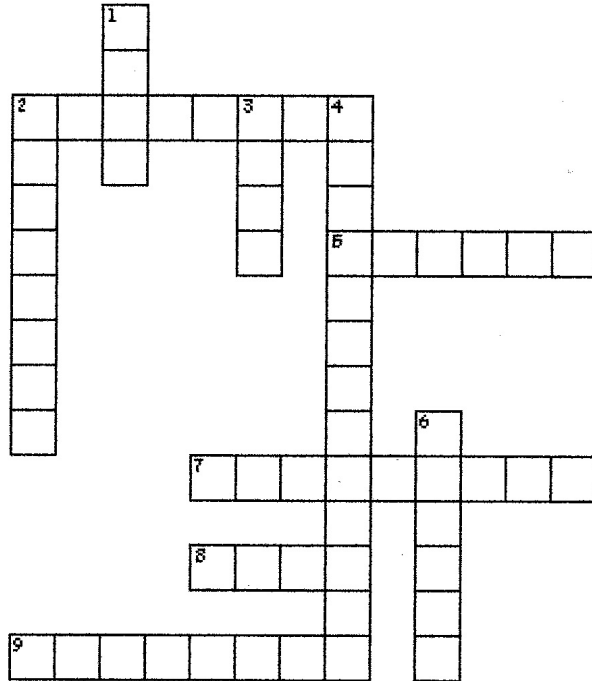
Fats supply fuel, act as lubricants and aid in the absorption of some vitamins. Fats take longer to digest giving a full feeling for a longer period of time. Butter, cream, eggs and oils are all fats made from animal products. Some fats also come from vegetables. You must have some fats in your diet but too many will cause you to gain weight.

Vitamins and minerals are needed in small quantities for chemical reactions in the body. Vitamins originally come from living things like plants and animals. They are important to a growing body. For example, Vitamin A keeps your skin and eyes healthy. Vitamin C fights germs and Vitamin D keeps your bones and teeth strong. If you don't have enough Vitamin D, your bones will become soft and you will not be able to stand.

Minerals originally come from nonliving things like rocks. They are extremely important to a healthy body but are not needed in large amounts. You must have some iron in your blood so that the red blood cells can carry the oxygen to your body cells. You must have calcium to make your bones and teeth strong. Vitamins and minerals are found in many different foods.

The body needs nutrients to maintain itself. Different food substances work together to provide the body with what it needs to stay healthy and continue to grow. No one food or food group can supply all the necessary nutrients. The goal should be to eat a balanced diet that includes a variety of needed nutrients.

You Are What You Eat



Across

2. fights germs
5. an example of a fat
7. food substances needed by a healthy body
8. an example of a protein
9. building blocks for the body

Down

1. they supply fuel
2. keeps bones and teeth strong
3. mineral needed by red blood cells
4. starches and sugars
6. an example of a carbohydrate