

## **Nutrition Scavenger Hunt**

Have you ever heard the saying, “You are what you eat”? When it comes to eating healthy, it can really be true! Read about nutrition on the World Book Web and see if you can find the answers to the following questions!

### **Find It!**

1. What do carbohydrates do for the body?
2. What are the five main food groups?
3. Which is the most important of all the nutrients?
4. How much physical activity should children and teenagers get each day?
5. How can people in the United States know which nutrients are in the foods they buy?

### **Did You Know?**

- ◆ While we can live without nutrients for several weeks, we can only live without water for about one week.
- ◆ The best sources of proteins are cheese, eggs, fish, lean meat, and milk.
- ◆ Foods that contain a lot of sugar are often high in calories and fat but low in minerals, proteins, and vitamins.
- ◆ When people eat more calories than they need, the body stores those extra calories as fat.

### **Learn More!**

- ◆ Learn more about which foods to include in your diet by studying the a food guidance system called MyPlate!  
<http://www.worldbookonline.com/advanced/extmedia?id=ar397360&st=nutrition&sc=3&em=pc351433>
- ◆ Vitamins are essential to human health. Click here to learn what vitamins can do for you!  
<http://www.worldbookonline.com/advanced/extmedia?id=ar587240&em=ta587240a>

## **Answer Key**

1. Carbohydrates provide the main source of energy for all living things.
2. Grains, vegetables, fruits, milk, and meat & beans
3. Water
4. 60 minutes on all or most days
5. Almost all foods sold in the United States must have labels that list their nutrients.