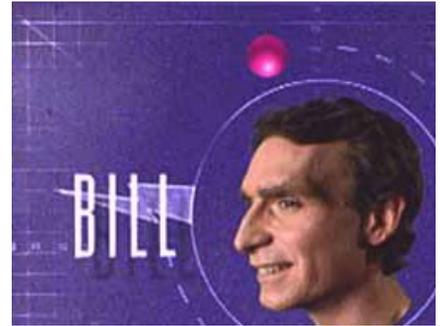


Name: _____

Bill Nye - Nutrition



You are made of _____

Food is where you get your _____

_____ gives you energy to move around

You get carbohydrates from _____, _____ and _____

_____ are found in meat, fish, and beans

It's what you're made of.

_____ - It's on your brain, nerves and used for insulation

Vitamins & Minerals-without vitamins and minerals, you can't use the food

Calories are a measure of _____.

1 calorie = the energy to raise 1 L of water 1°C

You need around _____ calories a day

We get our minerals from plants that soak it up from the ground

_____ fats are solid facts

_____ fats are liquid

Saturated fats are not good for your heart

_____ are the building blocks of the body

_____ proteins are found in meat and fish

_____ proteins are different proteins that are found in different dishes. They combine together to make complete proteins (ex. beans and rice)

_____ calories are found in things like pop. They have no proteins minerals or fiber.

_____ is not digested. It is used to push the food through your insides, and scrapes out bacteria and other things that make us sick. You can find fiber in _____, _____, and _____.