

Name: _____

YOU ARE WHAT YOU EAT

Directions: What do you know about the nutrients your body needs to stay strong and healthy? Explore the Web site provided to learn about good nutrition. Then read each statement below. Find the word in the Word List that best completes each statement. Write the letter of the correct word on the line next to each statement.

Web Resources:

Nutrition Sleuth

<http://exhibits.pacsci.org/nutrition/sleuth/sleuth.html>



1. _____ This nutrient is found in fortified milk and cereals, and sunlight helps produce it in the body.
2. _____ Teenagers especially need this nutrient, which helps build strong bones.
3. _____ This nutrient, found in fruits and vegetables, strengthens the body's immune system.
4. _____ This B vitamin helps the body make new cells.
5. _____ Dark yellow and green vegetables are important sources of this nutrient.

Word List:

- iron
- calcium
- vitamin C
- folate
- vitamin A
- vitamin D

Something to Think About: What might happen if your body didn't get all the nutrients it needed?

Learn More: For more nutrition information, go to <http://exhibits.pacsci.org/nutrition/cafe/cafe.html> and build a meal at the Have-a-Bite Café.