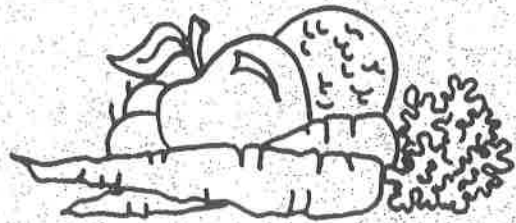


What Is Nutrition?

Nutrition is learning about what I eat. It is also learning about how food feeds my body and helps me grow.



Nutrition is all about eating and what happens to me when I eat. I have been learning about nutrition and the six things my body needs.

1. Carbohydrates
2. Fats
3. Proteins
4. Vitamins
5. Minerals
6. Water

These are called **nutrients**. I need to eat some of each nutrient each day. Someone told me, "You should eat **nutritious** food." That means I should eat food that is good for me. Some foods are not nutritious. They are called empty-calorie or "junk foods."

1. What is nutrition? _____

2. What are the six things my body needs?

1. C _____

2. F _____

3. P _____

4. V _____

5. M _____

6. W _____

3. These are called n _____.

4. How often should I eat them? _____

What is nutritious food? _____

Why Do I Need Water?

My body is made mostly of water. My skin covers me and keeps me from drying out. But everyday I lose water. So I must drink four to six glasses a day.

Water does not give me energy. But it helps in many other ways. Most of my blood is water. Water helps to move the food through me. Water helps to move the wastes out of my body. When I am sick, water helps wash the germs out of my body.

I can live for weeks without food. I could live only a few days without water.

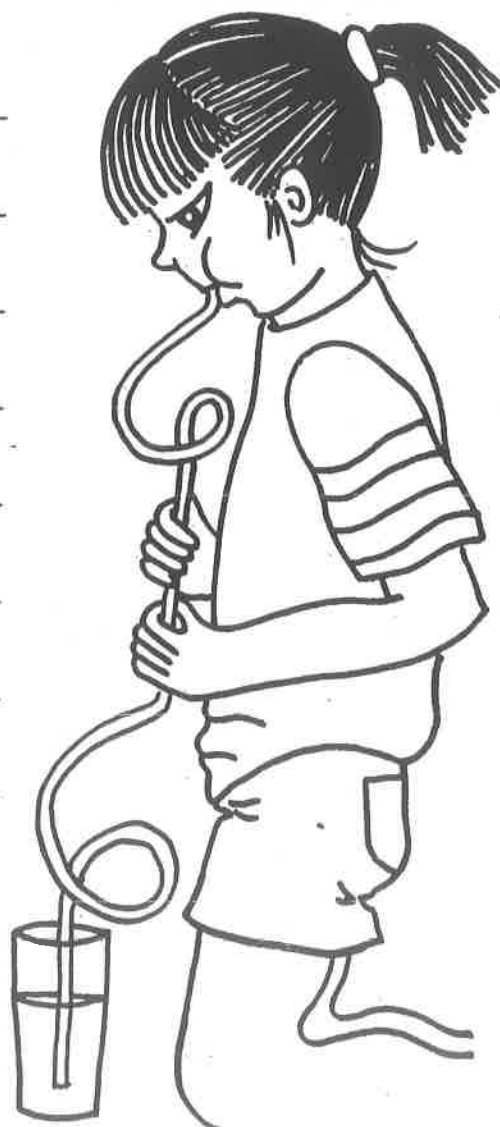
1. What is my body made of mostly? _____

2. How much water should I drink a day? _____

3. What does water not do? _____

4. Tell one thing water does. _____

5. How long can I live without water? _____



Uh-Oh . . . Too Much Sugar!

There is sugar in almost everything I eat. There is sugar in milk, bread, potatoes and oatmeal. There is sugar in peanut butter, crackers, macaroni and carrots! Sugar has no vitamins or minerals in it. But this kind of sugar is good for me. My body needs some sugar. Sugar is my energy food.

But most people eat a lot more sugar than they need. Ketchup, lunch meats and many snack foods are loaded with sugar. So are candy, pop, ice cream and cookies. This kind of sugar is not good for me.

Extra sugar in my body is not good. It can make me overweight and harm my teeth. It can cause different kinds of illnesses.

1. Name four foods that have sugar in them.

2. Sugar gives me _____.

3. Name something else sugar can do to me.

4. Sugar has no _____ or

_____ in it.










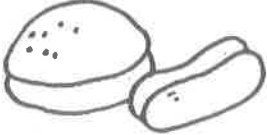
Name _____

Skills: Sight vocabulary,
Classification

Cut and paste or draw foods in the correct
food groups.

THE FOUR FOOD GROUPS

milk products	bread and cereals
fruit and vegetables	meat

 cheese	 apple	 chicken	 muffin
 milk	 fish	 carrot	 buns



Vegetables

There are so many kinds of vegetables!
Draw a line under the ones that you have tried.
Circle the ones that you like.

corn

carrots

zucchini

cucumber

celery

broccoli

asparagus

cauliflower

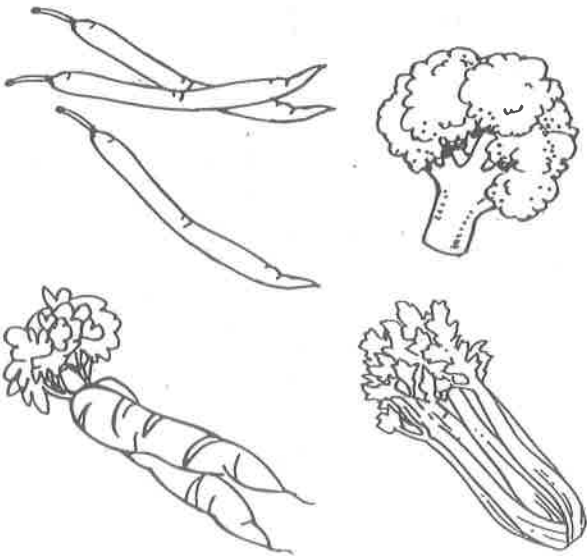
peas

lettuce

potatoes

green beans

Which one does not belong?



Draw your favorite vegetable.



Vegetables

Read the clues to find the mystery vegetables!

I am orange.
Rabbits like me.
I grow underground.

I am a _____.

I am green.
I am in most salads.
You eat my leaves.

I am _____.

I am green.
I am used to make pickles.
I start with C.

I am a _____.

We are green.
We are small and round.
We grow in a pod.

We are _____.

I am yellow.
I grow on a stalk.
You can eat me off the cob.

I am _____.

I am brown on the outside.
I am white on the inside.
I grow underground.

I am a _____.

My Favorite Food

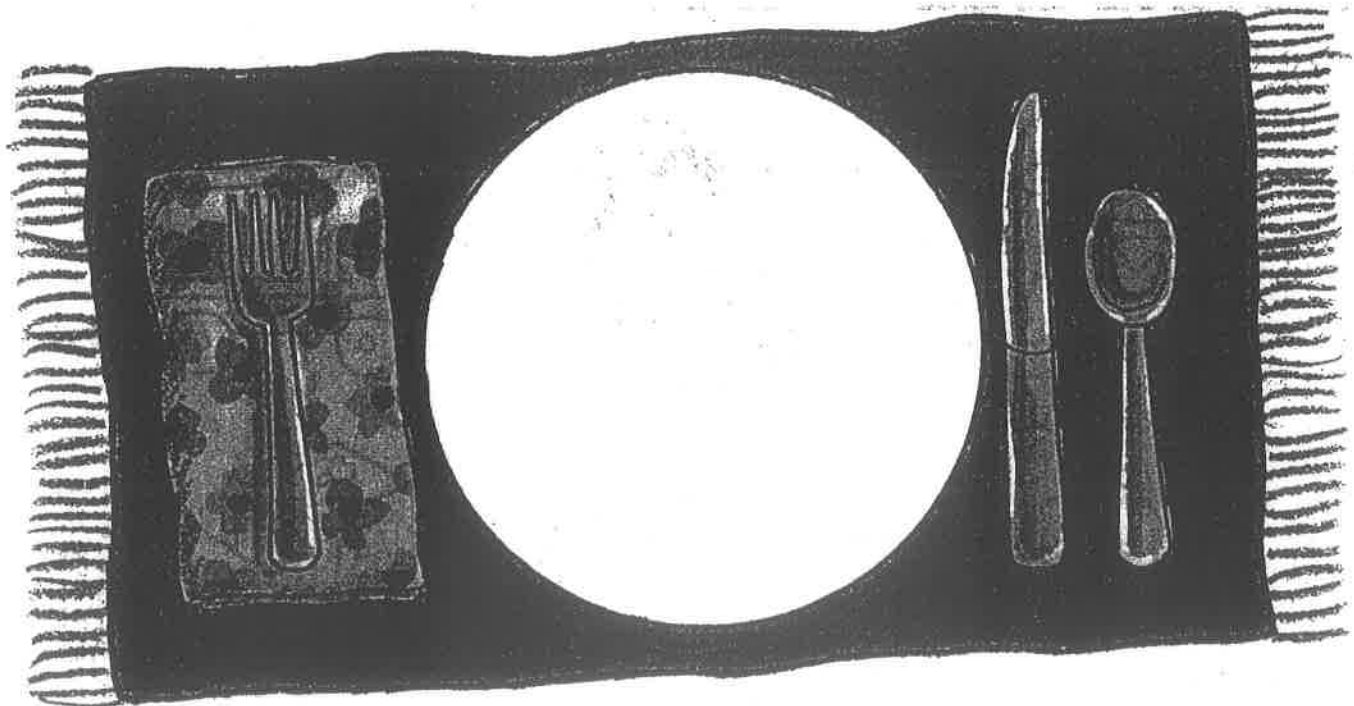
Finish the sentence. Draw a picture to match.

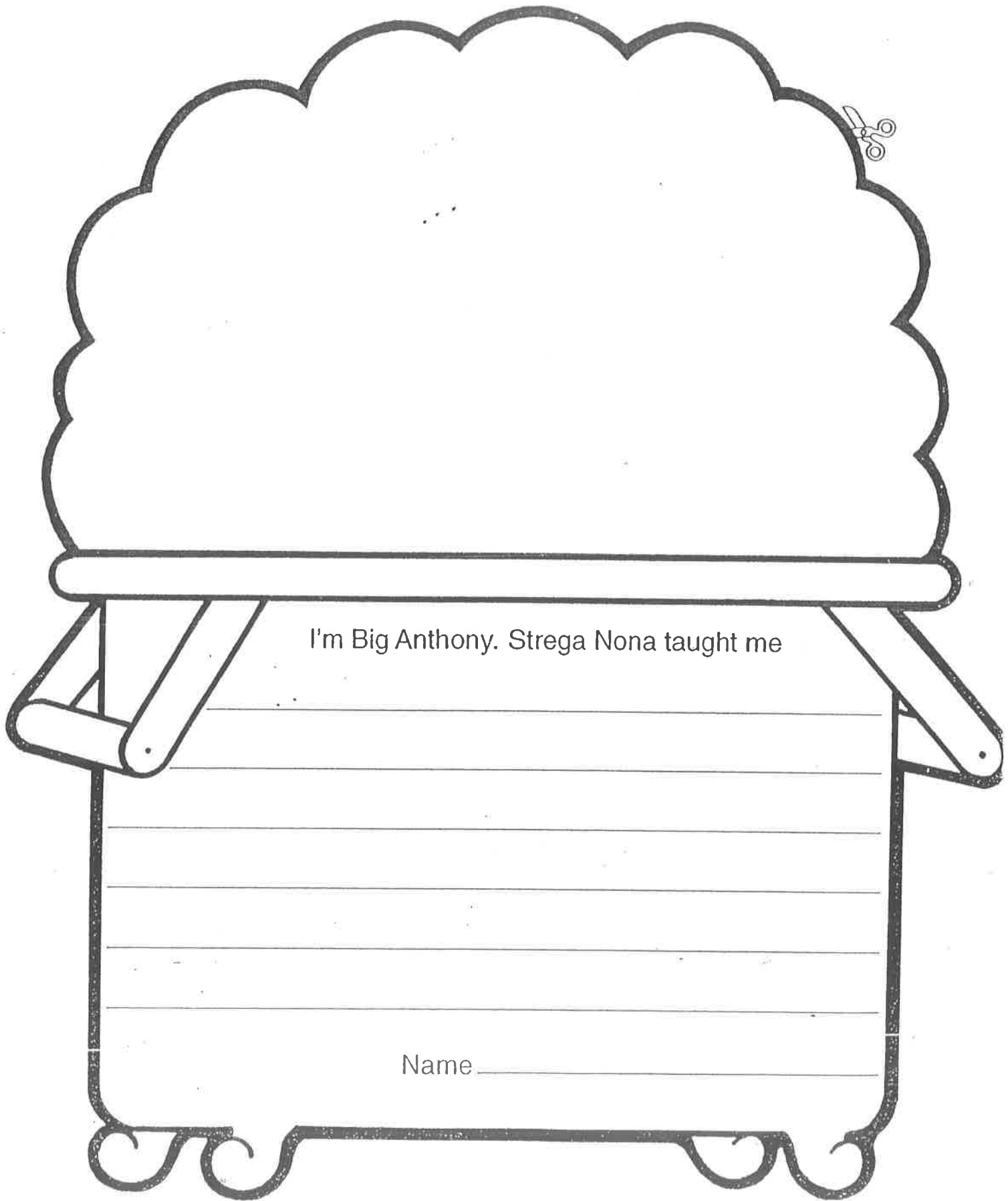
My favorite dinner meal

is

My favorite drink is

Here is what I like to eat for dinner.





I'm Big Anthony. Strega Nona taught me

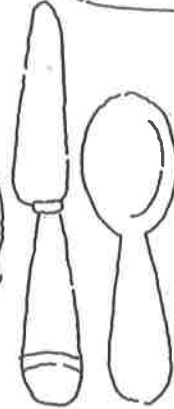
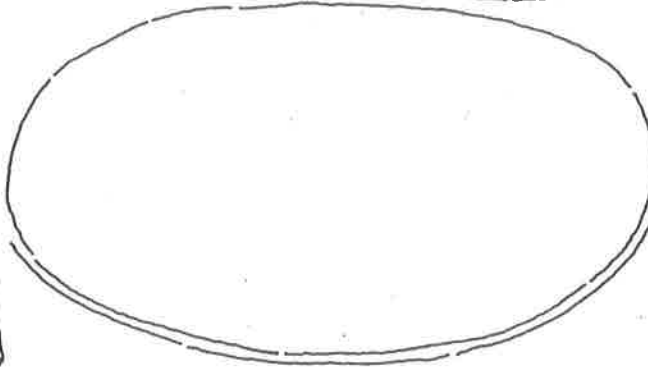
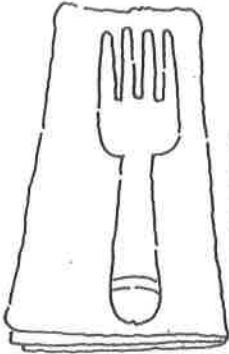
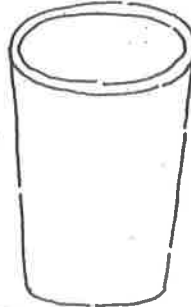
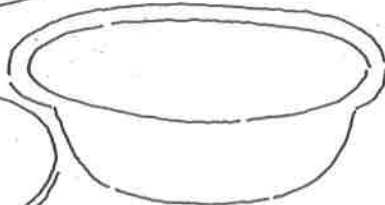
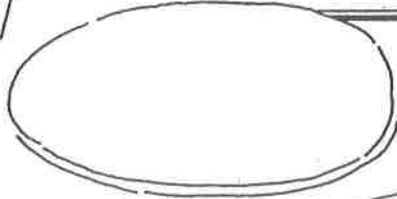
Name _____

Teacher: Have students imagine they are Big Anthony. Then have students complete the sentence on the pot. Let students use crayons, colored pencils, or yarn and glue to make colorful swirls that represent pasta overflowing the pot. Let students cut out the pattern. Arrange the pots on a bulletin board titled "Big Lessons for Big Anthony."

Name _____

Date _____

THE MOST DELICIOUS MEAL IN THE WORLD



On this table is the most delicious meal ever! It may have foods you have tasted or foods you are inventing. Draw the foods. Then tell about how they taste, feel, and smell.

Stone Soup

Ingredients: _____

Recipe by

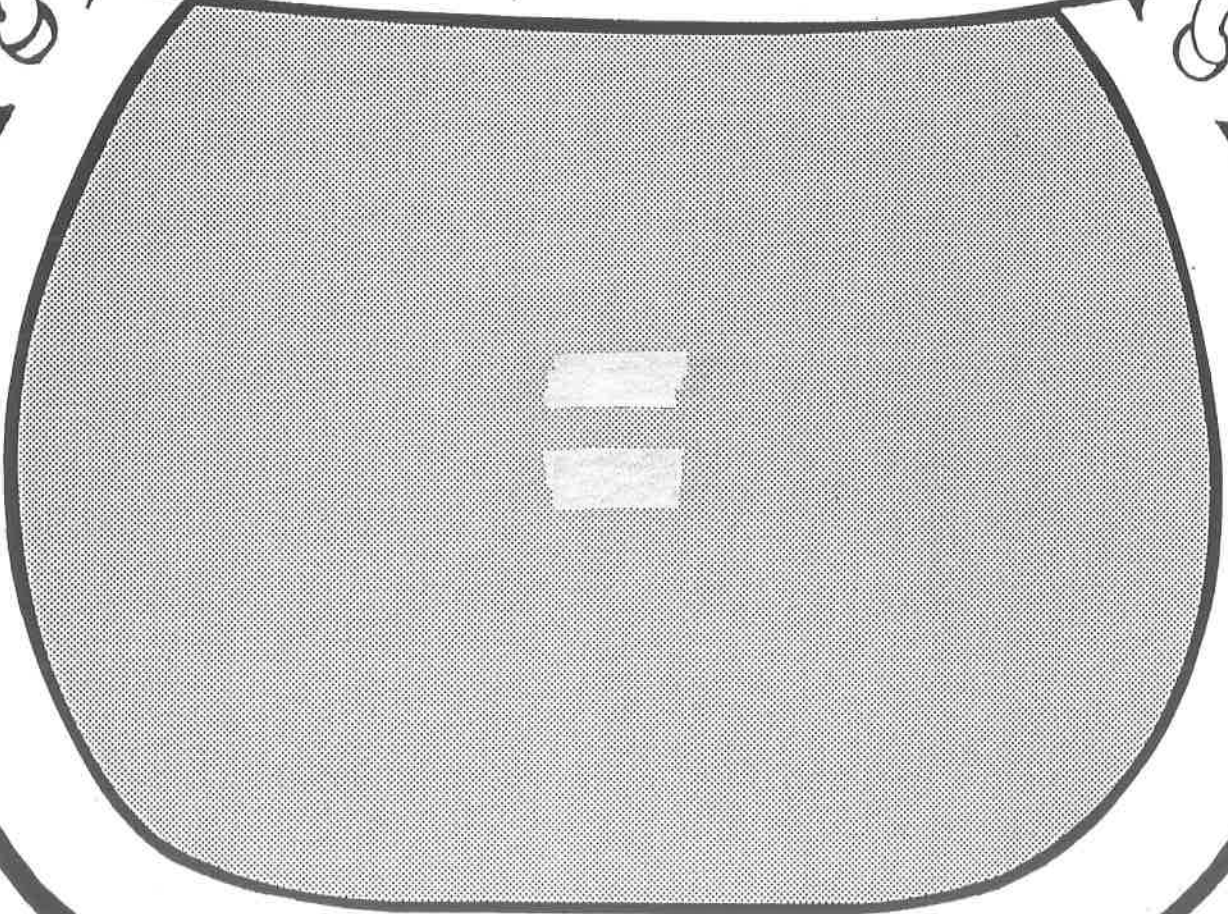
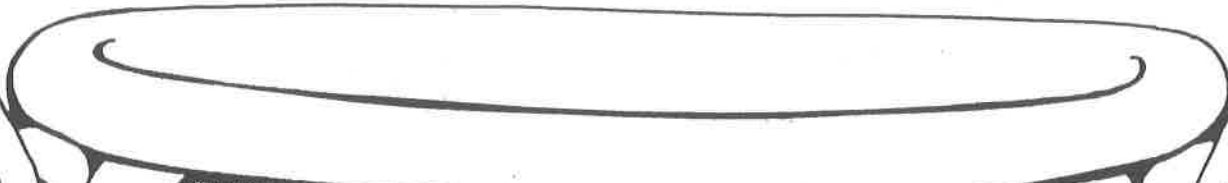


Directions: 1. _____

2. _____

3. _____

4. _____

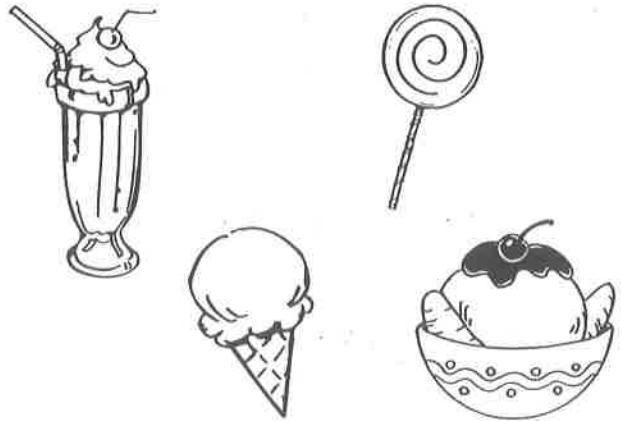


Ice Cream

How many different flavors of ice cream can you think of?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

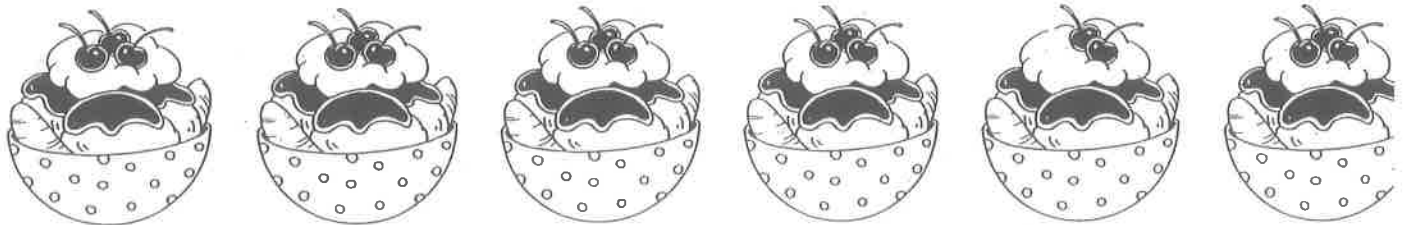
Which does not belong? Circle it.




It is a hot day.
Your cone is dripping.
What can you do?



Which bowl of ice cream is different? Circle it.



Name _____

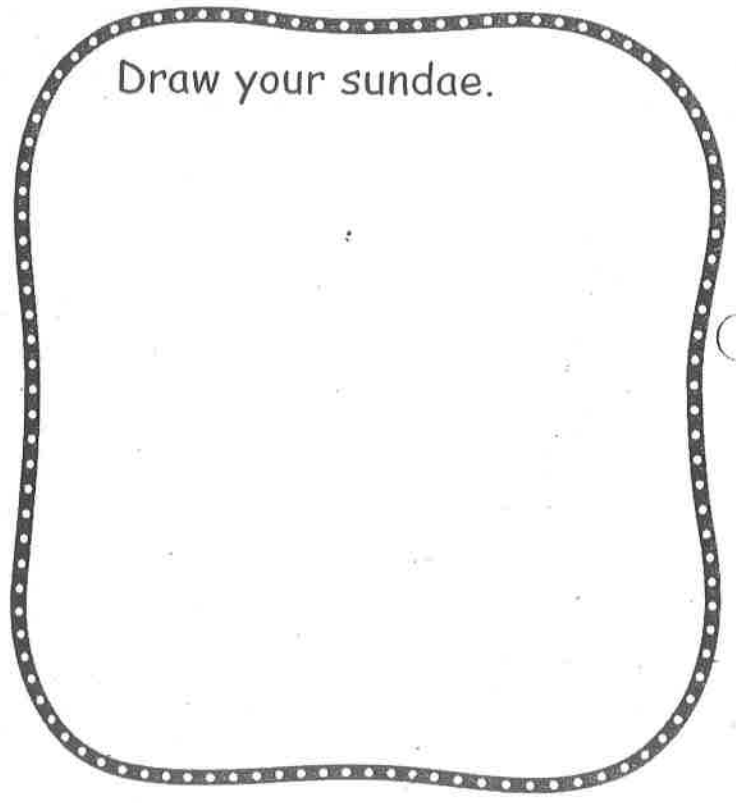


Ice Cream

What is your favorite flavor of ice cream? _____

Do you like it in a cone or in a dish? _____

You are making an ice-cream sundae.
Circle the things that you will use.



Draw your sundae.

Write a sentence using the words ice cream and melt.



Ice Cream

Which ice-cream treat did Anna eat?

Read the clues.

Make an **X** on the ones that are not Anna's treat.

Then put a **O** around Anna's treat.

- Anna got only one scoop of ice cream.
- Anna does not like cherries.
- Anna's ice cream is not in a dish.
- Anna got sprinkles on her ice cream.



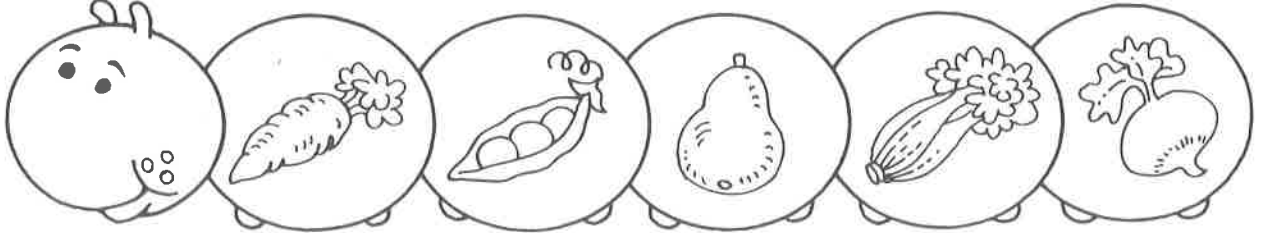
Name: _____

Date: _____

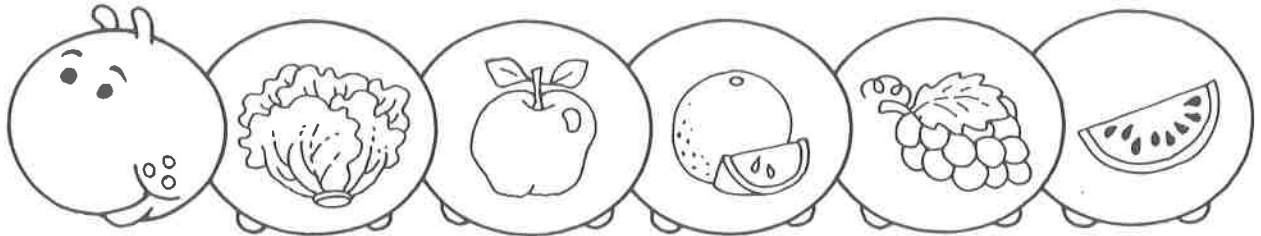
Colorful Caterpillars

Color the pictures that support the main idea. Cross out the picture that does **not** belong with the main idea.

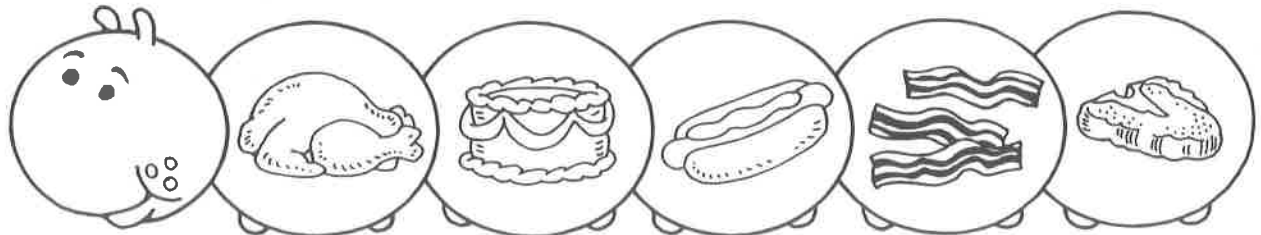
1. Main Idea: Vegetables we eat



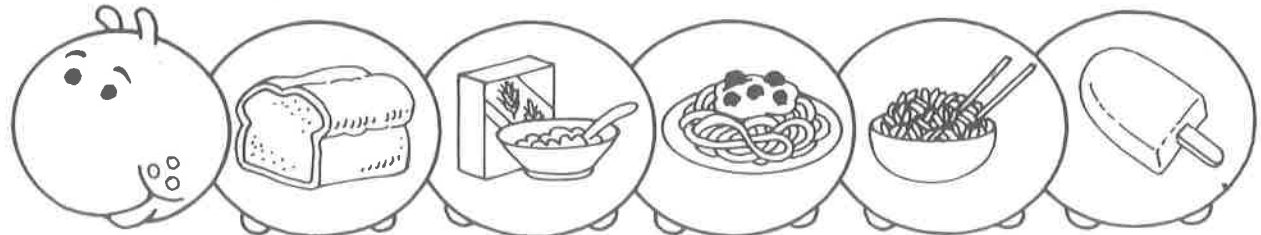
2. Main Idea: Things that are sweet



3. Main Idea: Things that came from animals



4. Main Idea: Things made from grains



5. Main Idea: Things that are dairy products

