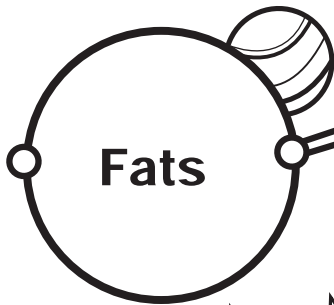


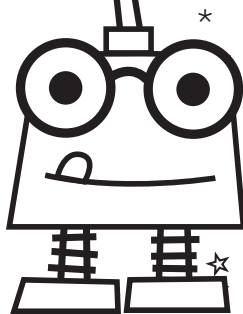
Carbohydrates, Fats and Proteins give you energy. Can you match the nutrient to its primary function?



An important source of energy. They help you to absorb vitamins A, D, E and K that help keep your skin and body healthy.

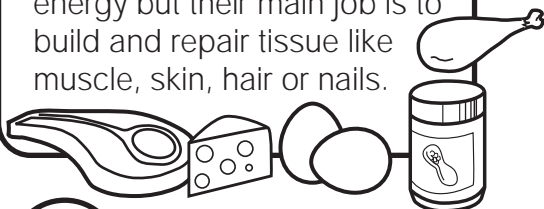


## Carbohydrates

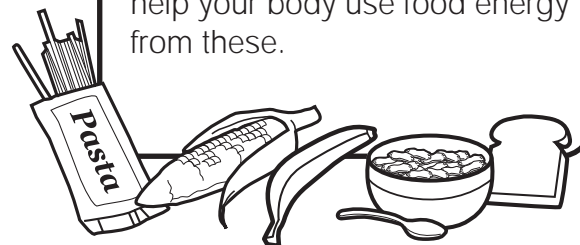


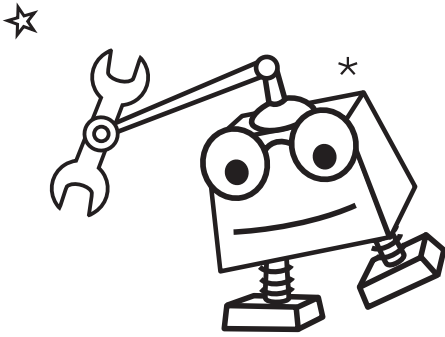
## Proteins

Building blocks to help you grow. They supply some energy but their main job is to build and repair tissue like muscle, skin, hair or nails.



Your body's favourite fuel. They supply energy to cells in your body and brain. B- vitamins help your body use food energy from these.



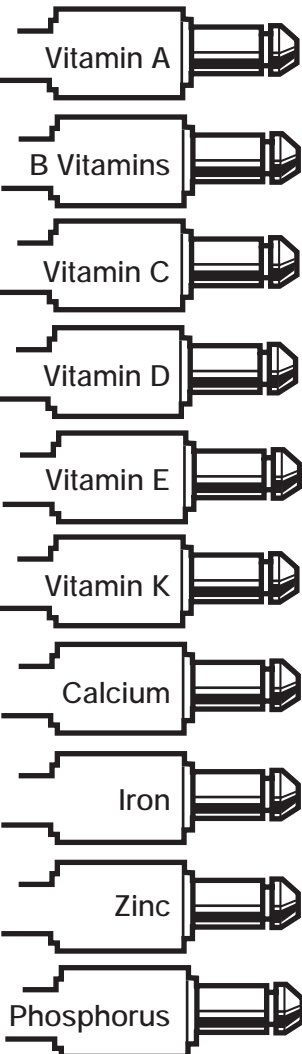


The wires on our spaceship have come loose. Can you help *Handy-Bot*\* reconnect them? Match each vitamin and mineral with the awesome jobs they do to keep your body healthy.

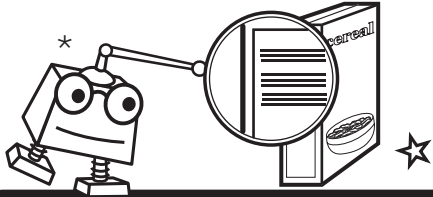


### Vitamins & Minerals

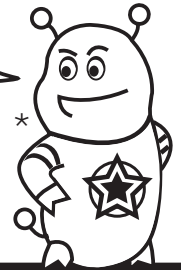
### How They Work To Keep You Healthy




1. This mineral found in red meats and cereals helps carry oxygen in your blood and helps your body and brain make use of energy from food.
2. This "sunshine" vitamin found mainly in milk helps your body absorb the calcium and phosphorus you need for strong bones and teeth.
3. This vitamin is needed to help you stop bleeding when you are cut and is mainly found in dark green leafy vegetables like spinach.
4. Milk, meat, dried peas and beans are some of the foods which provide this mineral that you need to grow and to help fight infections.
5. This mineral found in milk and meats works with calcium to build and maintain strong bones and teeth.
6. This vitamin in orange fruits and dark green and orange vegetables helps your cuts heal and helps your teeth and gums stay healthy.
7. Cereals are a source of some of these vitamins that help you use the energy from the foods you eat.
8. This vitamin from orange vegetables like carrots, pumpkins and sweet potato keeps your skin healthy and helps you see at night.
9. Milk and Alternatives are the best source of this mineral that works with vitamin D and phosphorus to build and maintain strong bones and teeth.
10. This vitamin found mainly in vegetable oils, nuts, sunflower seeds, sweet potatoes and avocados helps your body maintain healthy cells and fight infections.



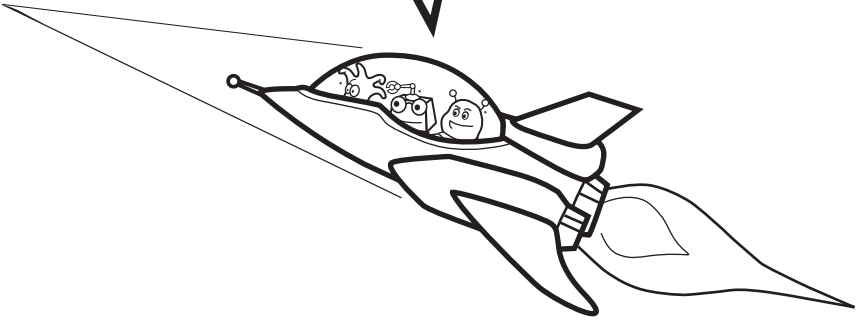
It's good to know what you're eating!  
Let's take a closer look at food labels.  
Choose a packaged food from each  
food group. Write down the nutrition  
information you find on the label.



	 <b>Vegetables and Fruit</b>	<b>Grain Products</b>	<b>Milk and Alternatives</b>	<b>Meat and Alternatives</b>
<b>Product Name</b>				
<b>Serving Size</b>				
<b>Calories</b>				
<b>Fat</b>				
<b>Carbo-hydrate</b>				
<b>Protein</b>				
<b>Fibre</b>				
<b>Calcium</b>				
<b>Iron</b>				
<b>Vitamin A</b>				
<b>Vitamin C</b>				



Your digestive system breaks down the food you eat so your body can use it. Help us explore the amazing journey food takes each time you eat.



**Write down what each part of your digestive system does:**

Teeth: \_\_\_\_\_

Saliva: \_\_\_\_\_

Tongue: \_\_\_\_\_

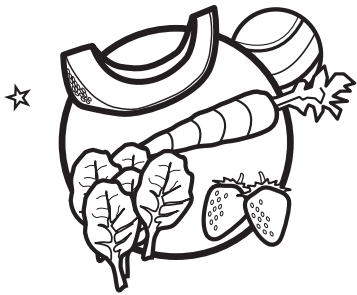
Esophagus: \_\_\_\_\_

Stomach: \_\_\_\_\_

Small Intestine: \_\_\_\_\_

Large Intestine: \_\_\_\_\_

Adventures in learning, created by Canadian dietitians



**Vegetables and Fruit**  
6 Food Guide Servings per day

\_\_\_\_\_

\_\_\_\_\_

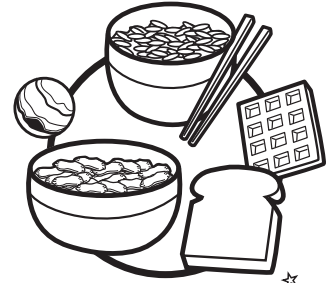
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Healthy eating gives you energy and helps you grow and learn! Check out your food choices. Keep track of everything you eat and drink for a whole day. Write down how much you eat too. Check off one box for each Food Guide Serving you eat.



**Grain Products**  
6 Food Guide Servings per day

\_\_\_\_\_

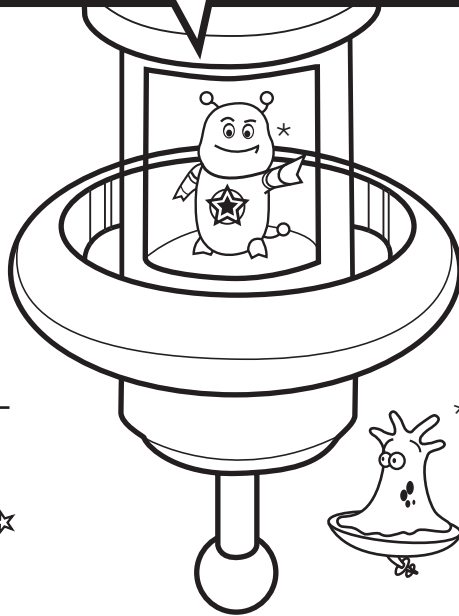
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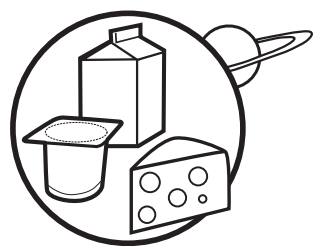
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**Milk and Alternatives**  
3-4 Food Guide Servings per day

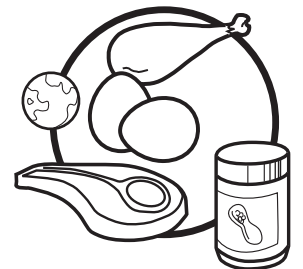


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Meat and Alternatives**  
1-2 Food Guide Servings



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Did you make any less healthy food choices?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hint: Some foods may contain more than one food group.

