

What should I already know?

- I can describe the importance of exercise, eating the right amounts of different types of food, and hygiene to humans.

Vocabulary

fat	Gives you energy.
water	Helps to move nutrients in your body and to get rid of the waste that you don't need.
hygiene	Keeping yourself and your surroundings clean to help prevent the spread of
nutrition	The process of taking food into the body and absorbing
nutrients	Substances that help plants
carbohydrates	Give you energy.
sugars	A form of carbohydrate that gives quick release
protein	Helps your body to grow and
vitamins	Keep your body healthy.
minerals	Keep your body healthy.
fibre	Helps you digest the food

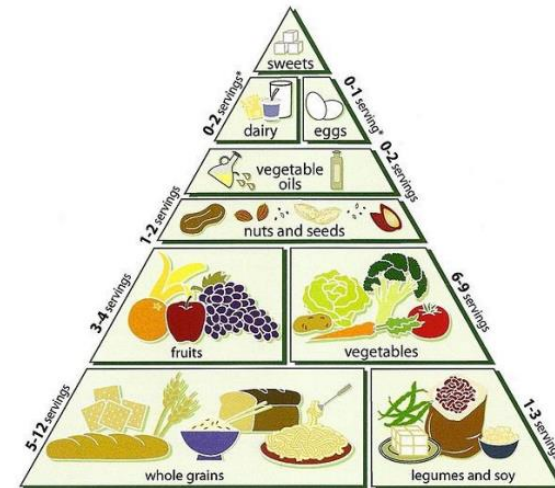
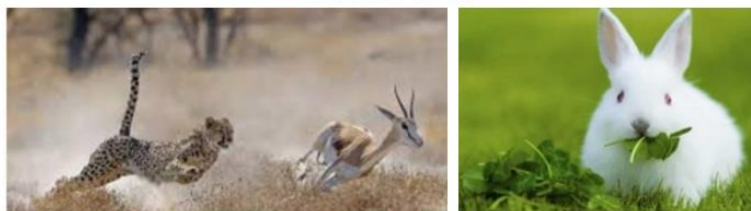


Unlike plants, animals cannot create their own food. They get nutrition from what they eat.

This is because animals do not have chlorophyll, or chloroplasts in their cells, like plant do.

Therefore, plants are called producers and animals are called consumers.

The different nutrients that animals get depends on their diet. For example, a cheetah gets lots of protein in its diet because it is a carnivore.



* A reliable source of vitamin B12 should be included if no dairy or eggs are consumed.

Other Lifestyle Recommendations: Daily Exercise, Water—eight, 8 oz. glasses per day, Sunlight—10 minutes a day to activate vitamin D

Types of Nutrition

<p><u>Carbohydrates</u></p> <ul style="list-style-type: none"> Carbohydrates give the consumer energy. Foods with lots carbohydrates in are often called 	<p><u>Protein</u></p> <ul style="list-style-type: none"> Protein helps the body, especially muscles, to repair itself. 	<p><u>Fat</u></p> <ul style="list-style-type: none"> Fats also give consumers lots of energy. However, too much fat is not healthy. 	<p><u>Fibre</u></p> <ul style="list-style-type: none"> Fibre helps our digestive systems to work well. 	<p><u>Vitamins and Minerals</u></p> <ul style="list-style-type: none"> There are many different vitamins and minerals that are important for different jobs in the body.
Carbohydrate rich foods include: pasta, rice, oats, bread,	Protein rich foods include: meat, eggs, nuts	Fat rich foods include: cakes, butter, fast food	Fibre rich foods include: bread, cereal, potatoes, some fruits	Vitamin rich foods include: fruit, vegetables