

# FOOD PYRAMID

## Worksheet 2

### Nutrition WebQuest Worksheet

Adapted from: [http://cgmsfacs.home.comcast.net/~cgmsfacs/wq\\_nutrition.htm](http://cgmsfacs.home.comcast.net/~cgmsfacs/wq_nutrition.htm)

Go to the following web sites in order to answer the questions:

[http://cgmsfacs.home.comcast.net/~cgmsfacs/wq\\_nutrition\\_gen\\_info.htm](http://cgmsfacs.home.comcast.net/~cgmsfacs/wq_nutrition_gen_info.htm)

[http://cgmsfacs.home.comcast.net/~cgmsfacs/wq\\_nutrition\\_nut.htm](http://cgmsfacs.home.comcast.net/~cgmsfacs/wq_nutrition_nut.htm)

<http://cgmsfacs.home.comcast.net/~cgmsfacs/MiniPoster.pdf>

1. WHY ARE NUTRIENTS IMPORTANT TO YOUR BODY?

---

2. LIST THE 6 NUTRIENTS.

_____	_____
_____	_____
_____	_____

3. WHAT ARE THE 2 CATEGORIES OF PROTEINS? GIVE A BRIEF DEFINITION OF EACH AND GIVE AN EXAMPLE OF A FOOD FOR EACH.

---

---

---

4. HOW CAN YOU TELL THE DIFFERENCE BETWEEN THE TWO MAIN TYPES OF FATS?

---

---

5. GIVE AN EXAMPLE OF EACH KIND OF FAT.

---

---

6. LIST ONE PURPOSE FOR FAT.

---

---

7. WHAT IS CHOLESTROL? \_\_\_\_\_

8. WHERE DO YOU GET CHOLESTEROL? \_\_\_\_\_

9. WHAT DOES CHOLESTEROL DO? \_\_\_\_\_

10. WHAT ARE THE TWO CATEGORIES OF VITAMINS? WHICH TYPE IS THE BODY ABLE TO STORE?

---

---

## FOOD PYRAMID

### Worksheet 2

11. NAME A SOURCE OF VITAMIN D. WHAT IS ONE THING IT DOES FOR YOUR BODY?

---

12. NAME A SOURCE OF VITAMIN C. WHAT IS ONE THING IT DOES FOR YOUR BODY?

---

13. HOW MUCH WATER SHOULD YOU DRINK EACH DAY? \_\_\_\_\_

14. WHAT ARE THE 2 CATEGORIES OF CARBOHYDRATES AND GIVE EXAMPLES OF EACH.

---

---

15. WHERE CAN YOU FIND CALCIUM BESIDES MILK? \_\_\_\_\_