

FOOD PYRAMID

Worksheet 2

Nutrition WebQuest Worksheet

Adapted from: 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_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?

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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? _____
