

Biology for Kids

Nutrition



<https://www.ducksters.com/science/nutrition.php>

Nutrition is how we get the food we need to grow healthy and strong. [Vitamins and minerals](#) help our bodies to function and grow.

Why is nutrition important for kids?

Eating good foods is especially important for kids because they are still growing. Kids' bodies need nutrition to grow strong healthy bones and muscles.

Food Groups

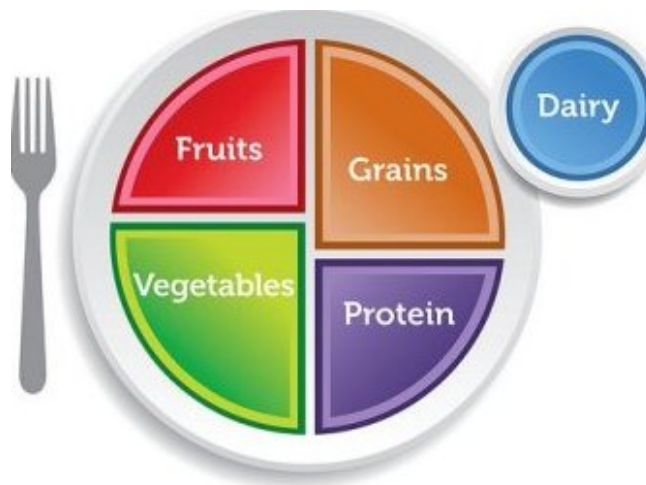
There are five main food groups that you should eat every day. By eating a variety of foods in each of these food groups, you will get the nutrition you need.

Grains - breads, cereal, pasta, rice

- Dairy - milk, cheese, yogurt
- Fruits - apples, oranges, berries, grapes, bananas
- Vegetables - broccoli, beans, spinach, carrots, peas
- Protein - beef, chicken, pork, eggs, nuts, fish

My Plate

The United States Department of Agriculture has created a picture of a plate to help us to make sure we get all the nutrients we need each meal. Here is the picture:



As you can see, each of the five food groups is drawn on the plate. Notice that the vegetables and grains portions are slightly larger than the fruit and protein portions. This gives you an idea of what foods you need to eat and how much of each.

Here are some other guidelines on how to eat healthier:

- Drink skim milk or low fat milk.
- Eat whole grains. One example is wheat bread instead of white bread.
- Drink water instead of sugary drinks like juice or soda.

Calories

Calories are a measure of how much [energy](#) is in food. When we eat, we gain calories and it gives us energy to run around and do stuff. If we eat more calories than we use moving around, then our body stores up the calories in fat. If we use more calories than we eat, then our body will start to burn up fat that was stored earlier.

Fun facts about Nutrition

- Some foods are supposed to make you smarter like red cabbage, egg yolks, tomatoes, berries, and walnuts.
- People will try all sorts of crazy diets, but the best way to lose weight is to eat healthy and exercise.
- Empty calories are foods that have calories, but little nutritional value. These include solid fats and added sugars.
- Oils are fats that are liquid at room temperature. Some oils, like oils from fish and nuts, are good for you in small amounts.

True or False: Vitamins and Minerals are essential for growing tall and strong.



TRUE



FALSE

2) How many main food groups are there?



3



4



5



6



8

3) Milk, cheese, and yogurt fall under which of the following food groups?

- ☐ Grains
 - ☐ Fruits
 - ☐ Protein
 - ☐ Dairy
 - ☐ Vegetables
-

4) Which of the following is classified as a vegetable?

- ☐ Nuts
 - ☐ Berries
 - ☐ Carrots
 - ☐ Grapes
 - ☐ Rice
-

5) Eggs, nuts, and fish fall under which of the following food groups?

- ☐ Grains
 - ☐ Fruits
 - ☐ Protein
 - ☐ Dairy
 - ☐ Vegetables
-

6) Which of the following foods is classified as a grain?

- ☐ Rice
 - ☐ Pasta
 - ☐ Cereal
 - ☐ Bread
 - ☐ All of the Above
-

7) Which two main food groups are slightly larger than the rest on the picture of the plate?

- ☐ Vegetables and Protein
- ☐ Fruits and Vegetables
- ☐ Fruits and Protein
- ☐ Vegetables and grains
- ☐ Grains and Protein

8) True or False: The USDA recommends drinking sugary drinks instead of water to increase your overall energy level.

- ☐ TRUE
- ☐ FALSE

9) Calories are best described as a measure of the:

- ☐ Mass of the food
- ☐ Volume of the food
- ☐ Vitamins stored in the food
- ☐ Minerals stored in the food
- ☐ Energy stored in the food

10) What is the best way to lose weight?

- ☐ Avoid all fat and sugar as much as possible
- ☐ Eat healthy and exercise
- ☐ Go on a crazy diet
- ☐ Just eat smaller portions of what you already eat
- ☐ Eat whatever you want and work it off