

Read about Nutrition

Read the passage. Answer the questions.



Paying attention to what you eat is one of the most important ways to stay healthy. Nutrition is the study of the foods that make us healthy. There are different nutrients in different foods. A carbohydrate is a nutrient found in all kinds of breads, crackers, and cereals. Protein is a nutrient found in meats, beans, eggs, and cheese. Fiber is a nutrient found in many vegetables and grains. Vitamins and minerals are important nutrients that are also found in many foods, such as fruits and vegetables.

When you eat, your body turns your food into energy you need. The food you eat is measured in calories. A calorie is a unit of energy that your body uses to live and grow. Your metabolism is a chemical process your body goes through to turn the food you have eaten into energy. The more nutrients you can get in the foods you eat, the healthier you will be. Your metabolism will be working to make you healthy and strong!

1. What kinds of foods have carbohydrates?

2. What kinds of foods have fiber?

3. What is the unit your food is measured in?

4. What does your body's metabolism do?

5. What kind of nutrients are found in beans and meats?
