



Name _____

Hour _____

Video Worksheet

Directions: After watching "Nutrient Basics" answer the following questions.

1. What are the six nutrients that we need to be our healthiest?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

2. How do we get nutrients?

3. Which nutrients are good and which ones are bad?

4. Why does Ellie say we need nutrients?

5. What does the new nutrient team decide to do for a project?

6. Water doesn't have any calories so why is it an important nutrient?
7. What is the most important function of carbohydrates?
8. Why is protein important?
9. Is fat a source of energy?
10. What is a good way to get vitamins?
11. Which of the following is not a mineral: calcium, sodium, hydrogen or potassium?



Teacher's Answer Key

Directions: After watching "Nutrient Basics" answer the following questions.

1. What are the six nutrients that we need to be our healthiest?

1. water

2. carbohydrates

3. protein

4. fat

5. vitamins

6. minerals

2. How do we get nutrients?

Through food.

3. Which nutrients are good and which ones are bad?

There are no bad nutrients. We need to eat healthy foods that are rich in all six nutrients.

4. Why does Ellie say we need nutrients?

To keep muscles, bones, skin, hair and organs chugging along.

5. What does the new nutrient team decide to do for a project?

Nutrient makeovers.

6. Water doesn't have any calories so why is it an important nutrient?

Water carries other nutrients through the body, sets body temperature and moves out waste.

7. What is the most important function of carbohydrates?

To provide energy.

8. Why is protein important?

It helps the body grow and stay strong.

9. Is fat a source of energy?

Yes.

10. What is a good way to get vitamins?

Eat fruits and vegetables and whole-grain foods.

11. Which of the following is not a mineral: calcium, sodium, hydrogen or potassium?

Hydrogen.



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Your Nutrient Makeover

Directions: Join the nutrient team and do your own makeover. List what you might eat on a typical day. Then figure out which nutrients are missing in your food choices. How can you have a more balanced nutrient plan?

Breakfast: _____

Lunch: _____

Dinner: _____

What nutrients are missing? _____

What foods could you eat to provide more of your missing nutrients?



Your Nutrient TEAMS

1. Divide the class into six teams. Each team will research one nutrient and decide which foods are rich in that nutrient.

Team 1. water

Team 2. carbohydrates

Team 3. protein

Team 4. fat

Team 5. vitamins

Team 6. minerals

2. Each team collects and displays pictures of foods for their nutrient on a poster.
3. Display all six posters to show an overview of food sources for all six nutrients.