

## Week 5: Health and Nutrition

Name: \_\_\_\_\_

### Unit Verse:

*I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:14*

### Concepts Taught:

- Nutrition is the science that explores how the body uses food.
- Foods (and drinks) have nutrients which are substances that your body needs to be healthy, work, and grow.
- There are 6 main types of nutrients our bodies need: water, carbohydrates, fats, proteins, vitamins, and minerals.
- Our body is about 60% water and it is important to stay hydrated.
- It is important to eat a varied diet in order to get the nutrients our bodies need.

### Vocabulary:

nutrients: are substances found in food and drink that your body needs to be healthy, work, and grow.

dehydrated: body is low on water

vitamins: are organic substances (made by plants or animals) that bodies need to be healthy.

minerals: are inorganic substances (found in soil and water) that are absorbed by plants and animals.

### Homework:

1. What I learned sheet - draw or write something you learned about your body this week.

One thing I learned this week: