

Name: _____ Date: _____ Period: _____

SCIENCE SECOND QUARTER HOMEWORK



Assigned on: _____ **Due on:** _____

To extend our study of the Digestive System, you will research the nutrients needed for daily energy and growth, and foods that are good sources of these. You will reflect on whether you are consuming enough of these sources, or if you should make changes in your diet.

Part A – Components of Food

Using websites or books, define the following important parts of a diet and **explain how your body uses each**. Remember to list the resources you used at the end of this document.

1. **Carbohydrates** _____

2. **Protein** _____

3. **Fats** _____

4. **Water** _____

Part B – Foods for Daily Nutrition

Use websites or books to find the best sources of the following nutrients. Find out which body parts and/or processes the nutrient helps. State whether you consume this nutrient on most days or not.

Nutrient	Which foods are good/excellent sources of this nutrient? List the top three sources.	Which body part(s) or process(es) does it help?	Do you get this nutrient on most days?
Vitamin A			
Vitamin C			
Vitamin D			

Nutrient	Which foods are good sources of this nutrient? List the top three sources.	Which body part(s) or process(es) does it help?	Do you get this nutrient on most days?
Fiber			
Carbohydrate			
Protein			
Fat			
Calcium			
Iron			

Part C – Reflect on your nutrition. Answer in complete sentences.

5. How could you include more of the recommended nutrients into your daily diet? Be specific!

6. Describe a typical snack you eat. Does it include many of the nutrients in the chart above? What changes could you make so your snack would be healthier for you?

Snack: _____

Changes: _____

Part D – Cite your references. List websites and books used. Remember, "Google" is not a website!
