

What Am I?

Directions: After reading each vitamin description below, write my “name” in the spaces provided. Then follow the directions in *Vitamin Lesson*.

- _____ 1. I help build, maintain, and repair your body tissues.
- _____ 2. I occur when your body does not receive enough nutrients.
- _____ 3. I am your body’s energy storage trunk, saving energy for you to use later.
- _____ 4. I am made up of six categories that keep your body in good working order.
- _____ 5. I lack one or more of the essential amino acids.
- _____ 6. I am your body’s building blocks.
- _____ 7. I jump-start chemical reactions in your body’s cells.
- _____ 8. I am a type of fat that is solid at room temperature.
- _____ 9. I am not a nutrient, but I help move food through your body.
- _____ 10. I provide your body with most of its energy.
- _____ 11. I help with digestion, but too much of me is not good for your body.
- _____ 12. I provide all of the nine essential amino acids your body needs.
- _____ 13. I am the amount of nutrients in a food item in relation to the number of calories.
- _____ 14. I help improve your body’s immunity.
- _____ 15. I am a type of fat that is liquid at room temperature.
- _____ 16. I am a unit of energy measurement.

Vitamin Lesson

Choose one vitamin listed in your textbook and come up with a character for it. On separate paper, write a short story or song about the vitamin character that you could use to teach young children what that vitamin does.

Healthful Substitutions

Directions: Each food listed below is high in calories, sugar, and/or fat. For each one, think of a more healthful food you could substitute. Write that food in the second column, and in the third column write your reason for the substitution.

	Less Healthful Food	Substitution	Reason for Substitution
1	High-sugar cold breakfast cereal		
2	Bagel with cream cheese		
3	French fries		
4	Baked potato with butter and sour cream		
5	Vegetables in cheese sauce		
6	Sugary soft drink		
7	Frosted cookie		
8	Ice cream treat		

Nutrition Assessment

Directions: How well do you follow nutrition guidelines? Place a check mark in the appropriate column for each statement. If you do not check the first column, list ways you could improve in the last column.

Skill	Always	Most of the Time	Some of the Time	Usually Not	Never	Ways I Could Improve
1. I eat a variety of foods for a well-balanced diet.						
2. I limit foods with refined sugar.						
3. I eat plenty of fiber.						
4. I eat complete proteins or a combination of incomplete proteins.						
5. I include some fat in my diet for energy, but limit fatty foods.						
6. I try to use unsaturated fats instead of saturated fats.						
7. I limit cholesterol-rich foods, such as meats, butter, eggs, and cheese.						
8. I get the right amount of vitamins from the foods I eat.						
9. I get enough calcium.						
10. I drink at least eight glasses of water a day.						
11. I avoid eating when I'm upset or bored, or as a reward.						
12. I know how many calories I need each day, and I balance the number I take in with the amount I burn.						