

Activity 105

What's in It for Me?

Directions: The scrambled words in the sentences that follow are related to the role food plays in your growth. Unscramble the letters and write the letters of the correct word in the spaces provided. Then find the secret term by writing the circled letters in order (1 through 9).

1. Substances such as iron and calcium, needed by your body in small amounts, are called **SMLIANRE**.

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2. A mineral that promotes strong bones and teeth is **LCAMUCI**.

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3. Substances such as niacin and thiamine that help regulate body processes without providing energy are called **MVAINITS**.

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4. The B-complex vitamins are thiamine, niacin, and **BILVARFONI**.

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5. The condition in which bones become weak and brittle because of a lack of calcium is **TISOPEROSOSO**.

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6. **WRTEA** is a substance that helps regulate body temperature and eliminate waste.

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7. Vitamin C helps the body fight **ETNICFONI**.

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8. **NIRO** is a component of blood that helps carry oxygen to parts of your body.

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9. Amino acids are the building blocks that make up **RETOPISN**.

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SECRET TERM:

1 2 3 4 5 6 7 8 9