



If you follow my decrees and are careful to obey my commands, I will send you rain in its season, and the ground will yield its crops and the trees of the field their fruit.

Leviticus 26:3-4



I am the LORD your God, who brought you up out of Egypt. Open wide your mouth and I will fill it.

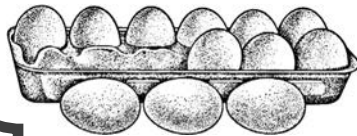
Psalm 81:10

NUTRITION

LESSON 5



A large, empty rectangular box with rounded corners, intended for writing or drawing.



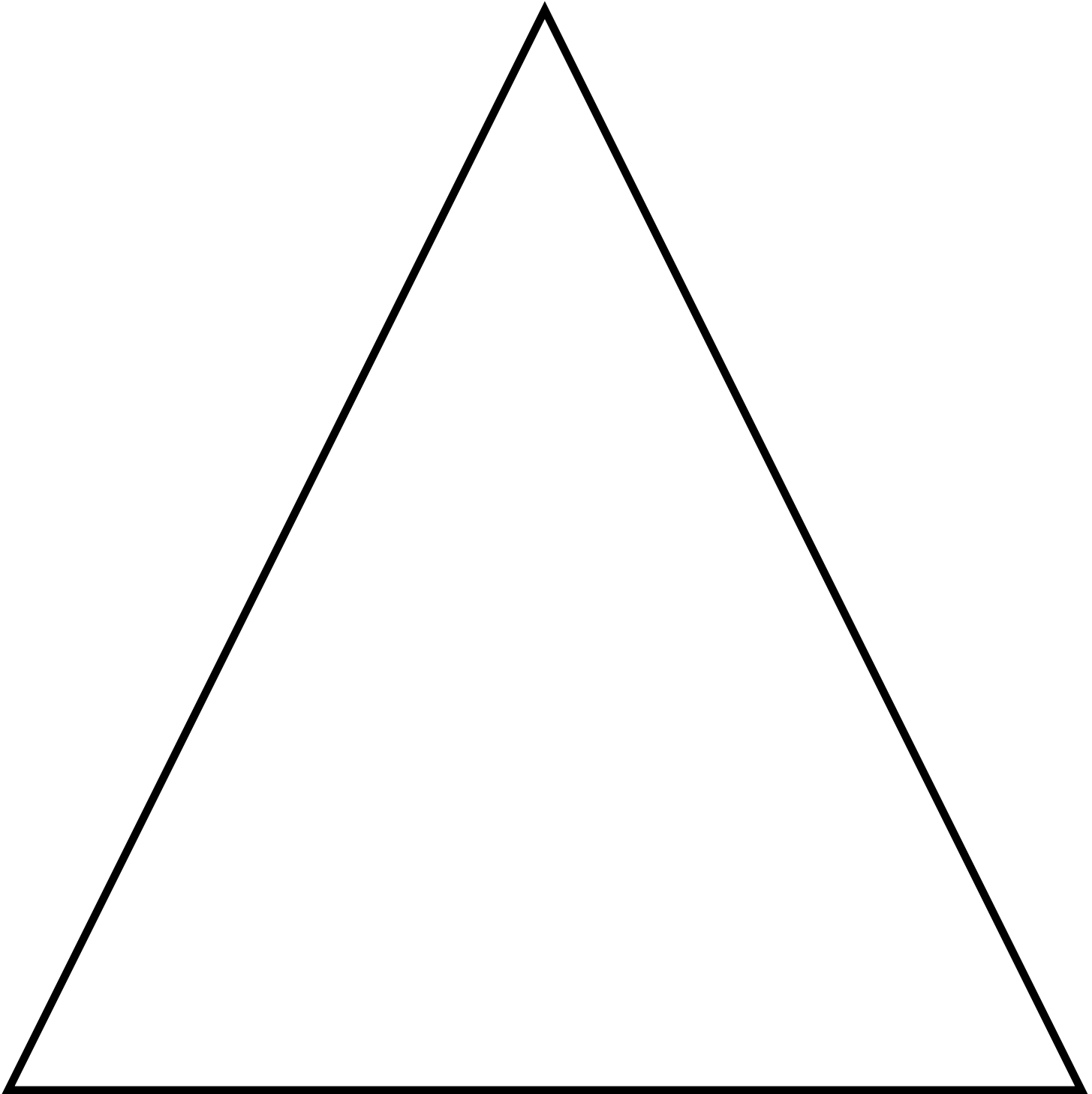
A large, empty rectangular box with rounded corners, intended for writing or drawing.

A set of horizontal lines for handwriting practice, consisting of solid top and bottom lines with a dashed middle line.



NUTRITION

ANSWERS





M E N U



Handwriting practice lines consisting of 10 sets of three horizontal lines (top solid, middle dashed, bottom solid).

My Menus

Here you will make a pocket in which to keep all your menus. Cut a sheet of construction paper in half and glue it over this text along the bottom and side edges of the rectangle. Do not glue down the top edge! Make copies of the menu template on the previous page, or go to the book extras page I told you about at the beginning of this book to download a copy you can print from your printer. You can also create your own menu templates. Be sure to save all your menus in this pocket. You'll want to refer to them for future meals!

Copywork

But solid food is for the mature,
who by constant use have trained
themselves to distinguish good
from evil. Hebrews 5:14

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Hebrews 5:14

VOCABULARY LIFT THE FLAP

LESSON 5

Tear out this page. Cut out each word and match it to the correct definition on the following page. Then, place glue along the top edge of the back of each word and glue above the line on each definition. Once the glue is dry, fold back the word to reveal the definition.

CALORIES

PROTEINS

NUTRIENTS

CARBOHYDRATES

ATOMS

MOLECULES

**ESSENTIAL
FATTY ACIDS**

**VITAMIN
DEFICIENCY**

NUTRITION VOCABULARY

LESSON 5

Glue correct word above this line, then fold back.

Carbon, hydrogen and oxygen atoms that are linked together and broken down to give your body the energy it needs.

Glue correct word above this line, then fold back.

A condition or disease that occurs when your body doesn't get the proper amount of a vitamin it needs.

Glue correct word above this line, then fold back.

Substances found in foods and drinks that your body needs to be healthy.

Glue correct word above this line, then fold back.

Fatty acids that you need that your body can't make.

Glue correct word above this line, then fold back.

The very smallest particles of an element. Everything you see is made from atoms.

Glue correct word above this line, then fold back.

Strands of amino acids that are found in every cell in your body that help to keep your body running smoothly.

Glue correct word above this line, then fold back.

Units we use to measure energy.

Glue correct word above this line, then fold back.

Two or more different kinds of atoms linked together.

NUTRITION MINIBOOK

ANSWER

Paste your Nutrition
Matchbook onto this
page.





MORE TO EXPLORE



LESSON 5

The Bible and Food

What does the Bible say about foods that are good for you? Read the story of Daniel and learn about the food he ate when he was taken into captivity. You can also study the different foods mentioned in the Bible. Which foods are considered healthy and which are considered unhealthy? Why did God deem some clean and some unclean? Organize your findings into a report and present it to your family.

People in the Bible grew their own food. Did it taste better than the store bought food we eat today? You can find out by growing some fruits and vegetables in your back yard. Do a taste test by comparing your home-grown food with the same food items from a grocery store. Which do your taste buds prefer: store bought or homegrown?

Vitamin C and Cold Prevention

Vitamin C is said to be effective against colds. Conduct an experiment to see whether taking vitamin C can prevent or lessen the symptoms associated with the common cold. Gather a large group of people. Instruct half of the group to take vitamin C every day for 30 days, and the other half not to take any vitamin C. Contact the people regularly during the 30 day period to see if they have experienced any cold symptoms. Note the severity of the symptoms. At the end of the 30 days, compare the two groups. Write a summary of your findings about the effectiveness of vitamin C for cold prevention. If done correctly, this could be a great science fair project.

Plants and Vitamins

The nutrients we feed plants are like vitamins for the plants. You can conduct an experiment to identify which brand of food is best for plants. You can also experiment to find out which types of nutrients are best for plants. You will need three identical plants in identical soil and containers, placed in the same spot and watered the exact same amount. You will also need two kinds of plant food. One of the three plants will be your control plant, receiving no food at all. The other two should be tested with one kind of plant food each. After a time, measure the plants' growth and color (inductive and deductive data) and record which plant fared best.

Cookbooks for Kids

The Gastrokid Cookbook by Hugh Garvey and Matthew Yeomans. This cookbook is for the kid who's willing to boldly explore new culinary tastes and experiences!

New Junior Cookbook: Better Homes and Gardens. The adult version of this "red and white checked" cookbook was the staple of my parents' kitchen and is a staple in mine as well.

Southern Living Kids Cookbook by Southern Living. This cookbook contains 124 recipes that kids will love to cook and eat!

"C" is for Cooking: Recipes from the Street by Susan McQuillan. Every recipe in this cookbook highlights at least one task that a young child can perform.

My Nutrition Projects

Lesson 5

What I did:

What I did:

What I learned:

What I learned:



SCIENTIFIC SPECULATION SHEET

Testing for Vitamin C

Lesson 5

Name _____

Date _____

Materials Used:

Procedure:

Hypothesis:

Results:

Conclusion:



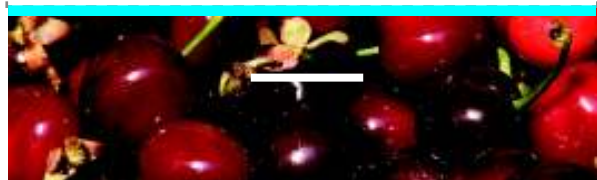
NUTRITION MATCHBOOK



This is the matchbook cover that will hold all your rectangular pages.

Instructions:

1. Cut out this matchbook cover. **Do not cut the blue fold lines!**
2. Fold along the blue lines so that the large foods flap and the small cherries flap face outward in the same direction.
3. Cut out the rectangles on this page and the next and fill in the information you learned about each topic.
4. Lift the large flap and place all the pages you created under the small flap.
5. With the large cover flap open and your pages under the small flap, staple your matchbook on the white line that crosses the center of the small flap. This will hold all your pages inside. **Do not staple the cover closed!**
6. Fold the large flap down and tuck it into the small flap, like a matchbook.
7. Glue this side (with these words) onto the "Nutrition Minibook" paste page.



Protein



Carbohydrates



Calcium



Water



Vitamin C



Handwriting practice lines for the Vitamin C section, consisting of a solid top line, a dashed middle line, and a solid bottom line.

Fats



Handwriting practice lines for the Fats section, consisting of a solid top line, a dashed middle line, and a solid bottom line.

Vitamin A



Handwriting practice lines for the Vitamin A section, consisting of a solid top line, a dashed middle line, and a solid bottom line.

*Vitamins
D & K*



Handwriting practice lines for the Vitamins D & K section, consisting of a solid top line, a dashed middle line, and a solid bottom line.

B Vitamins



Handwriting practice lines for the B Vitamins section, consisting of a solid top line, a dashed middle line, and a solid bottom line.

Minerals



Handwriting practice lines for the Minerals section, consisting of a solid top line, a dashed middle line, and a solid bottom line.