

Wellness – Grade 5

Six Kinds of Nutrients

From Ontario Public Health Association

In this activity, students will begin to explore nutrients and their role in healthy eating.



NUTRIENT

What do you think this word in the box means? Where have you heard it before?

Find the dictionary definition and record it here.



Check out these videos before going on to the activity on the next page...

Introduction → Healthy Eating: <https://www.youtube.com/watch?v=mMHVEFWNLmC>

Go Further → How Food Affects Your Brain (TEDEd): <https://www.youtube.com/watch?v=xyQY8a-ng6g>

**Record at least TWO questions or wonders you have from the videos.
How can you find out more?**

Name: _____

Six Kinds of Nutrients







Food is made up of nutrients (NOO-tree-ents) which are needed to help people grow, be active, and stay healthy. Below, you see the names of the kinds of nutrients. The picture shows foods that contain that kind of nutrient. Decide what food group each food belongs to. Put its abbreviation on the line under the food.

FOOD GROUP

- Vegetables & Fruit
- Grain Products
- Milk & Alternatives
- Meat & Alternatives

ABBREVIATION

- VF
- GP
- MI
- MA

<p>Carbohydrates (kahr-buh-HYE-drayts) Carbohydrates give the body energy.</p>  <p>_____</p>	<p>Water Much of the body is water. It carries the other nutrients to all parts of the body. It carries waste from all parts of the body.</p>  <p>_____</p>
<p>Proteins (PROH-tee-ins) Proteins help the body build and take care of all its parts- muscles, bones, nerves, skin and blood. Proteins can also supply energy.</p>  <p>_____</p>	<p>Vitamins Vitamins do many things to help the body grow and stay healthy.</p>  <p>_____</p>
<p>Fats Fats supply lots of energy-more than twice as much as the same weight in proteins or carbohydrates.</p>  <p>_____</p>	<p>Minerals Minerals help the body in many ways. They help build bones and teeth. Minerals help muscles work the way they should.</p>  <p>_____</p>