

## Nutrition Worksheet

We Are What We Eat!  
Judith Jones and Kathie Fuller, 2006 Science Ambassador Program

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Use the following websites to fill in information about each nutrient:

[www.fns.usda.gov/tn/Resources/appendd.pdf](http://www.fns.usda.gov/tn/Resources/appendd.pdf)

[http://dietary-supplements.info.nih.gov/Health Information/Information About Individual Dietary Supplements.aspx](http://dietary-supplements.info.nih.gov/Health%20Information/Information%20About%20Individual%20Dietary%20Supplements.aspx)

Nutrient	Importance to Health	Foods Found In
Protein		
Carbohydrate		
Total Fats		
Vitamin A		
Folic Acid (Folate)		
Iron		
Calcium		

## Nutrition Worksheet- Answer Key

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Nutrient	Importance to Health	Foods Found In
Protein	Build and repair body tissue Help antibodies fight infection Can help provide energy if more is consumed than needed for repairing body tissue	Meat, poultry, fish, eggs, milk and milk products, nuts, beans
Carbohydrate	Primary source of energy Fiber (if whole grain)	Bread, cereal, pasta, rice, potatoes, corn and other starchy vegetables  Simple carbohydrates are provided by sugar, honey, syrup, candy, soft drinks, and fruit
Total Fats	Provide the most energy per gram Carry the fat-soluble vitamins (A, K, E, and D) Provide a feeling of fullness	Oils, shortening, butter, mayonnaise, cream, sour cream, salad dressing
Vitamin A	Healthy eyes (adjustment to dim light) Healthy skin Promotes health of lining of digestive tract and its ability to fight infection Promotes growth	Dark green and yellow vegetables (such as broccoli, collards, carrots, and sweet potatoes), liver, butter, milk (whole), and fortified reduced-fat or nonfat milk,
Folic Acid (Folate)	Helps body produce normal red blood cells Helps cells produce energy Reduces risk of neural tube defects in newborns	Enriched bread, flour, rice and other grains, mustard, turnip greens, liver, citrus fruit juice, legumes
Iron	Combines with protein to form hemoglobin in blood	Liver, egg yolk, leafy green vegetables, beef, enriched breads and cereals, shellfish, legumes
Calcium	Bone rigidity Blood clotting Muscle contraction Normal nerve function	Milk and milk products, green leafy vegetables (collards, turnip greens, kale)