

Bea's Nutrition Flashcards

Learning objective: To identify the different groups of nutrition and understand why humans need a balanced diet.

Read the front of each card. Try to guess the answer. Then, look at the back to check if you are right. Use the word bank to help you.

What do we call the substances in food that help our bodies grow and stay healthy?	Which food group helps our bodies grow and repair muscles?
Nutrients	Protein
Which food group gives our bodies energy to move and play?	Which food group helps our bodies stay warm and protects our organs?
Carbohydrates	Fats
What do we call it when we eat the right amount of different food groups?	Which nutrients do we need in small amounts to keep our skin and bones healthy?
A balanced diet	Vitamins and minerals
What is the most important liquid we need to drink to stay hydrated?	True or False: Do humans need all food groups to be healthy?
Water	True
What provides us with the fuel we need to run, jump, and think?	Name one food that is a good source of protein.
Energy	Fish, meat, beans, or eggs
What does our body need to build strong bones?	
Minerals (like calcium)	