

# Nova's Nutrition Knowledge Flashcards

*Learning objective: To identify the importance of a balanced diet and understand how nutrients are used by the human body.*

Read the front of the card to test your knowledge. Flip it over to check your answer with Nova the owl!

**What is a 'balanced diet'?**

A balanced diet means eating a wide variety of foods in the right proportions to provide the body with everything it needs to stay healthy.

**Which nutrient is primarily responsible for providing the body with energy?**

Carbohydrates (such as bread, rice, and pasta).

**Why does the body need protein?**

Protein is essential for growth and for repairing damaged tissues and muscles.

**What is the main function of fats in our diet?**

Fats provide a concentrated source of energy and help to keep our body warm and protect our organs.

**Why are vitamins and minerals important for our health?**

They are needed in small amounts to keep the body functioning correctly, helping to fight off illness and keeping skin, bones, and teeth healthy.

**What is the role of fiber in our digestive system?**

Fiber helps to keep our digestive system moving and prevents constipation.

**Why is it important to stay hydrated by drinking water?**

Water makes up a large part of our body and is needed for almost every bodily function, including temperature regulation and digestion.

**True or False: The body can produce all the vitamins it needs on its own.**

False. Most vitamins must be obtained through the food we eat.

**Which food group should we eat the most of to ensure we have enough energy for daily activities?**

Carbohydrates (starchy foods).

**What is 'calcium' and why do we need it?**

Calcium is a mineral that is vital for building and maintaining strong bones and teeth.

**Give an example of a food rich in protein.**

Meat, fish, eggs, beans, lentils, or nuts.

**How can you tell if a diet is 'unbalanced'?**

An unbalanced diet might include too much sugar, salt, or fat, and not enough fruits, vegetables, or essential nutrients.