

Title: Eat and Grow Strong

Word Study

Fill in the blanks using the words.

fuel	protein	iron	muscles	grains
------	---------	------	---------	--------

1. People who work out a lot should eat a lot of _____.
2. You need strong leg _____ to for speed skating.
3. _____ come from plants like wheat and are used to make things like bread.
4. _____ is anything that can provide energy to make something else work.
5. _____ is good for our blood and keeps it healthy.

Reading Comprehension

A. Circle T for true or F for false.

1. Your body needs food for energy. T / F
2. Your stomach changes juice into food. T / F
3. Bread and pasta have grains in them. T / F
4. Proteins help you lose muscles. T / F
5. Pizza is always an unhealthy food to eat. T / F

B. Circle the correct word(s).

1. Food is like (fuel / muscles) for your body.
2. Energy is delivered to your whole body by your (bones / blood).
3. Fiber makes you feel (full / good).
4. Fruits and vegetables are good sources of (vitamins / dairy) and fiber.
5. You should try to eat foods that are low in (fat / iron).

C. Choose the best answer.

1. What is something energy does NOT help you do?
 - a. Play
 - b. Work
 - c. Sleep
 - d. Study

2. What does vitamin C do for you?
 - a. It gives you energy.
 - b. It keeps your eyes healthy.
 - c. It keeps your skin healthy.
 - d. It keeps you from getting sick.

3. Which of the following is NOT one of the four food groups?
 - a. Fruits
 - b. Grains
 - c. Fiber
 - d. Protein

4. What is special about potatoes?
 - a. They have things from both vegetables and grains.
 - b. They have things from both grains and dairy.
 - c. They have things from fruits and vegetables.
 - d. They have things from meat and vitamins.

5. What is a good easy way to make sure you are eating the right foods?
 - a. Eat foods with lots of iron.
 - b. Eat foods of many different colors.
 - c. Put extra vitamins in all your meals.
 - d. Never eat pizza or other foods with fat.

Summary

Fill in the blanks with the words.

healthy	dairy	energy	fiber	vitamins
---------	-------	--------	-------	----------

Food gives us _____. It is like fuel for a car. We need it to make us go and grow. When we eat food, it goes into our stomachs. There it gets turned into fuel. To be _____, we should eat four groups of food. One group is fruits and vegetables. They are full of _____ and iron. Another group is grains like bread and pasta. They have _____ in them. Protein is another group. That is food like meats and eggs. These foods are good for your muscles. _____ is the last group. This is food like milk and cheese. It is good for your bones and teeth. Some foods can be bad. They have too much fat. To be healthy you should not eat them. But you should eat food of many different colors. This helps your body get all the things it needs.