

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

**BILL NYE NUTRITION VIDEO**

1. There are special things in food called \_\_\_\_\_.
2. \_\_\_\_\_ is where you get your energy.
3. What 3 things do you need from food to stay healthy?
4. \_\_\_\_\_ come from fish, beans, and meat.
5. \_\_\_\_\_, skin, and hair are made from proteins
6. List 2 things fats are used for.
7. \_\_\_\_\_ are a measure of heat energy.
8. Food \_\_\_\_\_ = amount of heat energy needed to raise \_\_\_\_L of water \_\_\_\_\_C.
9. How many calories are in a banana?
10. Broccoli has the mineral \_\_\_\_\_.
11. \_\_\_\_\_ is a mineral used by our red blood cells.
12. What 3 minerals are found in an apple?
13. \_\_\_\_\_ fats are solid fats.
14. What foods contain carbohydrates?
15. \_\_\_\_\_ are proteins your body doesn't make for itself.
16. Your body needs \_\_\_\_\_ml of fat a day.
17. \_\_\_\_\_ provide you with protein, minerals, and fiber.
18. \_\_\_\_\_ is the stuff in food your body doesn't digest.
19. What foods contain fiber?