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TEACHER GUIDE

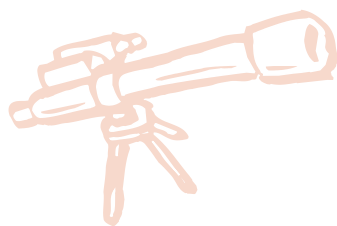
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STUDENT HANDOUTS

READING COMPREHENSION

• <i>Healthy Nutrition and Meal Planning</i>	
• <i>Exercise and Fitness</i>	
• <i>Personal Hygiene, Grooming and Dental Care</i>	
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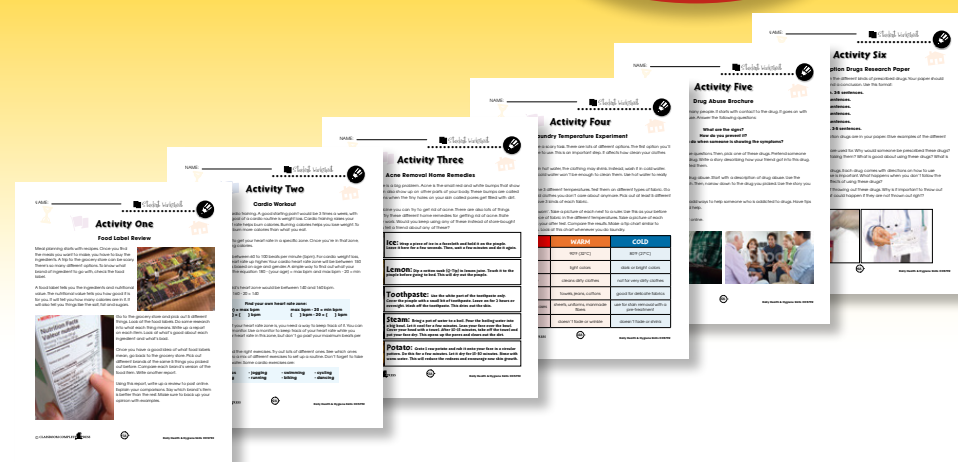
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MINI POSTERS 25

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Essential vs. Non-Essential Nutrients

Nutrients are things in food that helps us grow and stay healthy. In other words, nutrients are important. We get these nutrients in the things that we eat. There are two different kinds of nutrients: essential and non-essential.

Essential Nutrients

Essential nutrients give you energy. You use this energy in your day-to-day life. Walking, breathing and sitting uses energy. These are needed because your body doesn't make them on its own. You can get this energy with:

- proteins (meats, beans)
- fats (fish, nuts)
- carbohydrates (vegetables, fruits)
- vitamins (vegetables, fruits)
- minerals (peanut butter, milk)
- water



Non-Essential Nutrients

Non-essential nutrients are things that you need every day. They are not needed because your body can make them on its own. In some cases, your body may not be able to make these. Maybe you're sick, or have a disorder, or maybe you're just not making enough. Some non-essential nutrients are:

- non-essential amino acids (protein in muscles, cells and tissues)
- some vitamins (Vitamin D from sunlight)
- fiber (used for digestion)
- cholesterol (made in the liver)

Pick one essential and one non-essential nutrient. Do some research into each one. Make a poster comparing them. Why is this nutrient important? Where can you get it? Show your finished poster or post it online.



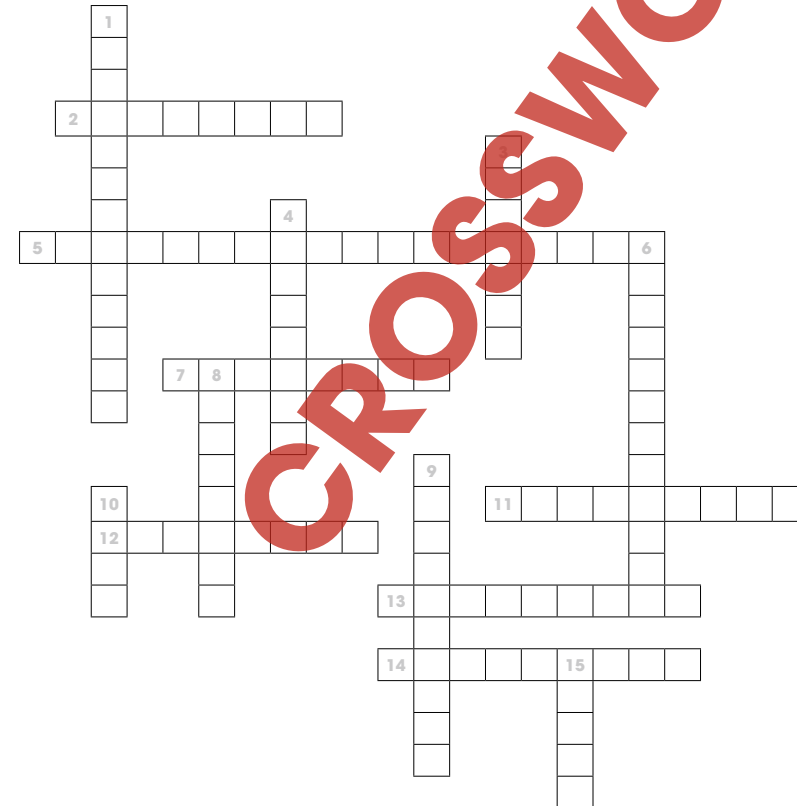
Crossword Puzzle!

Across

2. What you show when you're sick.
5. You get this from what you eat.
7. You take this when you're sick.
11. Do this to any surface when cooking.
12. Some people become _____ to drugs.
13. When you use drugs too much.
14. People you don't know.

Down

1. What your weight should be.
3. Brushing your teeth and hair.
4. Burn more of these than you eat to lose weight.
6. What's around you.
8. Doing this will help you lose weight.
9. Eat in _____ to stay fit.
10. Being careful about something.
15. Small things that can make you sick.



Word List

addicted
body mass index
calories
drug abuse
essential nutrients
exercise
germs
hygiene
medicine
moderation
sterilize
strangers
surroundings
symptoms
wary



Comprehension Quiz

Part A

Circle TRUE if the statement is TRUE or FALSE if it is FALSE.

1. Your weight is a way to track how fit and healthy you are.
TRUE FALSE
2. How you look and smell sends a message to others.
TRUE FALSE
3. Steak and chicken are safe to eat raw.
TRUE FALSE
4. If you eat more calories than you can burn, you will lose weight.
TRUE FALSE
5. You can only get prescription drugs with a doctor's note.
TRUE FALSE
6. Dentists say to brush once a day and floss twice a day.
TRUE FALSE

Part B

2. Put a check mark (✓) next to the answer that is most correct.

a) When should you wash your hands?

- A After using the bathroom.
- B After being outside.
- C Before eating.
- D All of the above.

b) What is NOT a step to take when your boundaries are crossed?

- A Ignore them.
- B Voice your discomfort.
- C Get help.
- D Protect yourself.

SUBTOTAL: /8

Food Pyramid





Personal, Community & Travel Safety

1. Fill in each blank with the correct word(s) from the reading.

Being safe in your community is important. To do this, be of your .

This means to always know what is around you. When traveling, it's easy to forget

about being safe. When you travel, you are outside of your . This means you are

not with where you are. There are more here.



2. Circle the word TRUE if the statement is TRUE or Circle the word FALSE if it is FALSE.

a) Personal boundaries are ones that a group of people use.
TRUE FALSE

b) Always be wary of strangers to keep yourself safe.
TRUE FALSE

c) Knowing your route can help you stay safe while traveling.
TRUE FALSE

d) Social boundaries are what you make for yourself.
TRUE FALSE

1.

- a) aware
- b) surroundings
- c) happening
- d) comfort zone
- e) familiar
- f) dangers

2.

- a) FALSE
- b) TRUE
- c) TRUE
- d) FALSE

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EASY MARKING ANSWER KEY

