

## CurriculumVisions Lesson

Students: fill in next to the word answer and return the document for assessment.

### Science

Book: Food and a healthy diet (3A)

Pages 12-19

Everything here is based on our Curriculum Visions book Food and a healthy diet (3A).

In this segment we are going to think about the importance of food to our health.

You will need to go to pages 12-13 of the book.

Write down some foods that contain sugar used for quick energy, some foods that contain starch and some foods that contain fat

Answers could include.....

Sugar for quick energy: fudge, candy

Starch: potatoes, cereals, rice, wheat

Fat: oils, meat, dairy products (butter, cream, milk)

Go to pages 14-15. Do we need to eat meat in order to get body-building materials? Can you name a food that is not meat but also contains body building materials?

Answers will vary.....

No; answers to the second question could include: plants, lentils, peanuts, soy beans, cheese, baked beans

Go to pages 16-17

On a sheet of paper, write down three columns, labelled:  
Vitamins, Minerals, Fibre. Under each one, write down some  
foods that contain that substance.

Answers could include.....

Vitamins: milk, fresh fruits, vegetable

Minerals: milk, cheese, eggs, peanuts, carrots, oranges, green  
vegetables, cranberry juice

Fibre: bran, wholemeal bread, cereals, beans, dried fruits  
(figs and prunes)

Go to pages 18-19

What are the three kinds of teeth in our mouth and what does  
each one do?

Answers.....

Incisor: cutting

Canine: tearing

Molars: grinding

Why is it important to brush your teeth after each meal?

Answers.....

The teeth are coated with a sticky coating called plaque.

Sugars from the foods we eat stick to the plaque and are  
changed into acid. The acid can rot your teeth and eat away  
the enamel. Brushing removes the sugars and plaque before they  
can damage your teeth.

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book and watch our amazing videos. They start right on the  
book cover.