

## CurriculumVisions Lesson

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

### Science

Book: Keeping healthy (5A)

Pages 4-13

Everything here is based on our Curriculum Visions book Keeping healthy (5A).

#### Part 1

In this segment, we are going to think about some of the things found in food.

You will need to go to pages 4-5 of the book.

What do each of the following do in the body: sugars and starches, fats, proteins, vitamins and minerals, water?

#### Answers.....

sugars and starches: they give long term energy

fats: they are a concentrated form of energy/reserve store of energy

proteins: used to make tissues and repair the body

vitamins and minerals: help digest food and fight disease/have many vital purposes

water: helps the body to work properly/contains minerals we need

Go to pages 6-7. What happens if you do not get enough vitamin D? What foods are high in vitamin D?

#### Answers.....

The body will stop sending calcium to your bones and they can become brittle and bowed/rickets

Fish oils, milk (and sunlight)

What happens if you do not get enough vitamin C? What foods are high in vitamin C?

Answers.....

You can get a disease called scurvy where the body slowly falls apart/tissues that hold the body together aren't healthy  
Citrus fruit/lemons, limes, oranges

Go to pages 8-9. What can happen to your arteries if you have too much cholesterol?

Answers.....

The cholesterol can settle out of the blood and stick to the walls of the blood vessels, leaving less room for the blood to flow and raising blood pressure/you can get heart disease/pieces can break off and stop the flow of blood, causing a heart attack or stroke

Go to pages 10-11. Keep a list of the foods that you eat in one day. What food groups does each food belong in? Is it a balanced diet?

Answers will vary.....

Look for students' awareness of the different food groups and which ones should be eaten the most or least.

Go to pages 12-13. Calculate the total calories that you need each day and how many of these should be from fat and carbohydrates. Look back at the food diary that you made in the previous question. Do you think you ate healthy meals? Why or why not?

Answers will vary.....

Students' own answers

If you are interested in this topic, continue to browse the book and watch our amazing videos. They start right on the book cover.