



✂ WONDERVILLE ACTIVITY

THE NUTRIENTS WE NEED

Nutrients are found in the foods we eat. Your body needs different nutrients to work properly, and each nutrient has a special role to play. On the left are some of the nutrients your body needs. Match the nutrient to its food source on the right!

NUTRIENT	FOOD SOURCE
<p>CALCIUM Most of the calcium our bodies use is to build strong bones and teeth. A small amount is needed to help our heart, nerves and muscles work.</p>	 <p>1. Most meat, poultry and fish are good sources of this, as are enriched grains like breads, rice, pasta and cereals.</p>
<p>FOLIC ACID This is needed to make blood and build cells.</p>	 <p>2. Dark orange and green vegetables and fruits like carrots, broccoli, red and green peppers, pumpkin, sweet potatoes, cantaloupe and peaches are all good sources of this vitamin. Animal foods, such as egg yolks, milk and liver are good sources, too.</p>
<p>IRON Iron is an important part of our red blood cells. It carries oxygen from our lungs to our cells, muscles and organs.</p>	 <p>3. Most foods that come from animals, such as fish, chicken, beef, pork, eggs and milk, contain this.</p>
<p>NIACIN Niacin is a B vitamin. It works with other B vitamins to help your body use the energy you get from food. It also helps use protein from your diet to build new cells and tissues.</p>	 <p>4. Fruits like oranges, lemons, limes, grapefruit, cantaloupes and mangoes. Vegetables such as bean sprouts, green peppers and broccoli are also good sources.</p>
<p>PROTEIN Most of our bodies are made from protein: hair, skin, blood, organs and muscles. It is needed for cells to grow, and repairs or replaces healthy cells and tissues.</p>	 <p>5. Eggs, beef, pork, chicken, turkey, clams and oysters are all good sources of this. So are soybeans, lentils, kidney beans, spinach and leafy green vegetables.</p>
<p>VITAMIN A This vitamin keeps your skin smooth and the linings of your mouth, nose, throat, lungs and intestines healthy. It is also needed for healthy eyes.</p>	 <p>6. Leafy greens, broccoli, corn and whole grains are good sources. So are lentils, kidney and navy beans. Eggs, liver, nuts, cheese and milk are also ways to get this.</p>
<p>VITAMIN C We need vitamin C to heal cuts, wounds and burns.</p>	 <p>7. Milk and foods made from milk such as yogurt and cheese. Leafy green vegetables, tofu and canned fish with bones are also good sources.</p>

Answer Key: Calcium: 7; Folic Acid: 6; Iron: 5; Niacin: 1; Protein: 3; Vitamin A: 2; Vitamin C: 4.

