

CHAPTER 15 How Nutrients Work

Activity 53

What Am I?

Directions: After reading each vitamin description below, write my “name” in the spaces provided. Then follow the directions in *Vitamin Lesson*.

- | | |
|-------|--|
| _____ | 1. I help build, maintain, and repair your body tissues. |
| _____ | 2. I occur when your body does not receive enough nutrients. |
| _____ | 3. I am your body’s energy storage trunk, saving energy for you to use later. |
| _____ | 4. I am made up of six categories that keep your body in good working order. |
| _____ | 5. I lack one or more of the essential amino acids. |
| _____ | 6. I am your body’s building blocks. |
| _____ | 7. I jump-start chemical reactions in your body’s cells. |
| _____ | 8. I am a type of fat that is solid at room temperature. |
| _____ | 9. I am not a nutrient, but I help move food through your body. |
| _____ | 10. I provide your body with most of its energy. |
| _____ | 11. I help with digestion, but too much of me is not good for your body. |
| _____ | 12. I provide all of the nine essential amino acids your body needs. |
| _____ | 13. I am the amount of nutrients in a food item in relation to the number of calories. |
| _____ | 14. I help improve your body’s immunity. |
| _____ | 15. I am a type of fat that is liquid at room temperature. |
| _____ | 16. I am a unit of energy measurement. |

Vitamin Lesson

Choose one vitamin listed in your textbook and come up with a character for it. On separate paper, write a short story or song about the vitamin character that you could use to teach young children what that vitamin does.

Reteaching Activity Chapter 15 Law In America

M Mosston



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