

Name _____ Teacher _____ Period ____ Date _____

Nutrition: Bill Nye the Science Guy Video Viewing Guide

Directions: Watch and listen for the answers. Read everything on this sheet before the video starts. Most of the items are in order, but not all of them so listen carefully!

You are made of _____.

There are special things in food called nutrients. We get energy from food.

Three different kinds of foods you need to eat to stay healthy are:

- 1.) _____, examples are _____
it gives us _____.
- 2.) _____, examples are _____
it helps build _____.
- 3.) _____, an example is _____,
it coats our _____, and our brain is full of _____.

Vitamins and minerals help you use nutrients in other foods. **Good Nutrition = Healthy**

Calories are _____.

Food calorie is the amount of _____ needed to heat one liter of water one degree Celsius.

Minerals come from the Earth's _____. Do you have to eat rocks to get minerals? _____ Eat _____ instead!!!

_____ is a mineral, it's a nutrient, you get from your food. You need _____ for your _____ blood cells and your _____. The amount of iron you need every day is _____. You get it from foods you eat like _____.

Solid fat is called _____ fat and is not good for your heart.

If you eat things made from animals like milk, eggs, and meat you are getting what are called _____ proteins. Fruits and vegetables do not have complete proteins but if you eat certain plants together they have _____ proteins that can be eaten together to make complete protein.

Two examples of complimentary proteins are: _____ & _____ and
_____ & _____

How much fat should we each eat daily? _____

Compare the potato and the soda:

1/2 Potato Nutrients include: _____, _____, _____

Calories _____

Soda Nutrients include _____, _____, _____

Calories _____

What are "empty calories"?

What is fiber?

Why should we eat fiber?

What are some good sources of dietary fiber? _____,
_____, and _____.

like _____ and _____.

Why is breakfast the most important meal of the day?

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HOMEWORK REFLECTION

Directions: Neatly and completely answer the questions below. Answer in the space provided or type your answers and staple them to this paper. Your answers should be written in complete sentences. This assignment will be collected at the beginning of class tomorrow.

1.) What did you enjoy most about the Bill Nye Nutrition video? Explain.

2.) What new information did you learn from the Bill Nye Nutrition video?

3.) What questions do you have about **nutrition** now that we have watched this video?