

Nutrient KNOWLEDGE

SECOND COURSE • REPRODUCIBLE 1



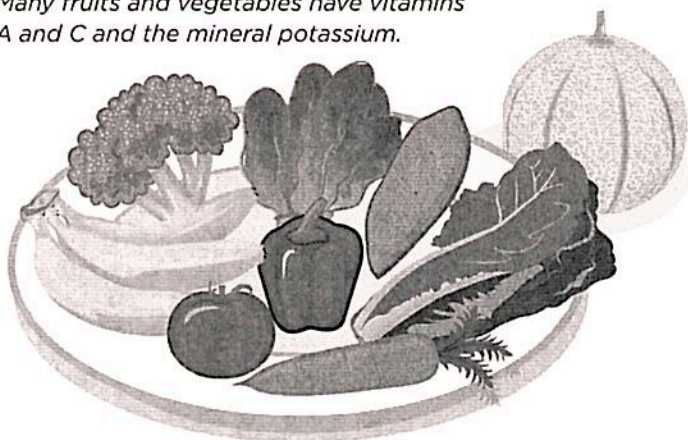
Did you know that eating foods from all five food groups helps you get the nutrients you need to grow, play hard, and be healthy? It's true! Nutrients include vitamins, minerals, carbohydrates, protein, water, and fats. Learn more about what types of foods have them and how they help your body.

Vitamins

Your body needs vitamins to grow and stay healthy. Some vitamins include:

- **Vitamin A** — helps protect your eyes and skin. It plays an important role in helping you see at night. Vitamin A also helps you fight off infections so you stay feeling your best.
Where to find it: dark-green, red, and orange fruits and vegetables, such as cantaloupe, carrots, sweet potato, tomatoes, spinach, and romaine lettuce.
- **The B Vitamins** (lots of different ones) — help your body tap into the energy from food so you can play hard.
Where to find them: chicken, fish, and other protein foods; beans and peas, cereals, and some breads.
- **Vitamin C** — helps your body heal cuts and scratches. Smile! It also helps keep your teeth and gums healthy.
Where to find it: fruits and some vegetables, such as oranges, grapefruits, kiwi fruit, strawberries, tomatoes, bell peppers, potatoes, and broccoli.
- **Vitamin D** — helps the body have strong bones.
Where to find it: most milk has added vitamin D. Also, some soy milks, breakfast cereals, and yogurt have added vitamin D. Some fish (tuna, salmon) have it, too.

Many fruits and vegetables have vitamins A and C and the mineral potassium.



*Those five food groups we learned about
They've got nutrients we need
To do things at our peak
To be more healthy*



Minerals

Your body needs minerals to grow and stay healthy. Some minerals are:

- **Potassium** — keeps your muscles and nervous system working right. It may also play a role in helping your heart pump blood easily through your body.
Where to find it: dairy foods such as milk, yogurt, and soy milk; fruits and vegetables such as bananas, dried apricots, cantaloupe, honeydew melon, orange juice, sweet potatoes, white potatoes, white beans, kidney beans, tomato sauce, and spinach.
- **Calcium** — builds strong bones and teeth.
Where to find it: milk, yogurt, cheese, and calcium-fortified soy milk.
- **Iron** — helps you have healthy blood. Your body uses iron to carry oxygen from your lungs to the rest of the body.
Where to find it: protein foods such as turkey, chicken, fish, beef, beans and peas; grains such as breads and cereals.

