

Bill Nye: Nutrition Movie Questions

1. . What do carbohydrates do for your body?
2. What is the role of protein (for the body)?
3. List who Fat is important for your body?
4. What do vitamins and minerals do for your body?
5. What is the process of figuring out how many calories are in food?
6. How many calories are in a banana? _____
7. Where do we get minerals from?
8. Why is calcium important?
9. Why do we need iron?
10. On a food label, how are the nutrition facts listed?
11. List 3 foods that are carbohydrate rich?
12. List 3 foods that are protein rich?
13. What are complete proteins?
14. What are complementary proteins?
15. How much of your head id fat? _____
16. What do we call food with hardly any nutrients? _____ Calories
17. What is fiber? And why is it important?
18. From what two foods do we get fiber from?
19. Where does waste come from?
20. Why is breakfast important?