

# SCIENCE

Student Book

▶ **3rd Grade** | Unit 4

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# SCIENCE 304

## YOU ARE WHAT YOU EAT

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LIFEPAC Test | **Pull-out**

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# YOU ARE WHAT YOU EAT

*“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” 1 Corinthians 10:31*

In this LIFEPAC®, you will learn how to build a healthy body. You will learn how to plan for healthy eating so that you can have a healthy body. Also, you will read about some good habits that will help you to care for your body.

## Objectives

**Read these objectives.** The objectives tell you what you will be able to do when you have finished this LIFEPAC.

1. You will be able to tell six ways that food helps your body.
2. You will be able to name foods that are junk foods and tell why junk foods are not good foods.
3. You will be able to name the five food groups.
4. You will be able to name foods from each food group.
5. You will be able to tell how to take care of your teeth, eyes, body, and thoughts.

# 1. HOW TO BUILD A HEALTHY BODY

You need to eat good food in order to grow a strong body. Some food does not help to build your body. You will not be hungry for good foods if you eat too much of the food that does not help you. Read this section of your LIFE PAC to find out why your body needs food. Read to learn about the helpful foods and the foods that do not help you.

## Vocabulary

**Study these new words.** Learning the meanings of these words is a good study habit and will improve your understanding of this LIFE PAC.

**additive** (ăd' dī tiv). Something added to food.

**bacon** (bā' kən). The salted meat from a pig.

**beef** (bēf). The meat from a cow.

**blood** (blūd). The red liquid that flows through the body.

**calorie** (kăl' ə rē). The unit of energy supplied by food.

**cereal** (sîr' ē əl). A food made from grain.

**cheese** (chēz). A food made from milk.

**citrus** (sīt' rəs). Fruit such as oranges, limes, or grapefruit.

**disease** (dī zēz'). Sickness.

**energy** (ĕn' ə r gē). The power to do something.

**hamburger** (hăm' bûr' gər). Ground meat.

**healthy** (hēl' thē). Having good health.

**junk** (jŭngk). Anything that is not useful.

**macaroni** (măk' ə rō' nē). Hollow tubes made of flour and water.

**magazine** (mäg' ə zēn'). A publication printed at regular times.

**mineral** (mīn' ə r ə l). Something found in food that is good for the body.

**muscle** (mūs' ə l). The part of the body that makes the body move.

**nutrient** (nōō' trē ə nt). The part of the food that is good for the body.

**pork** (pôrk). The meat from a pig.

**scurvy** (skûr' vē). A disease caused by lack of vitamin C, a nutrient found in citrus fruits and other fruits and vegetables.

**snack** (snăk). A light meal.

**spaghetti** (spə get' tē). Long, thin strands made of flour and water.

**steak** (stāk). A cut of meat.

**toast** (tōst). A slice of bread browned by heat.

**veal** (vēl). Meat from a calf.

**vitamin** (vī' tə mīn). Something found in food that is good for the body.

**weight** (wāt). How heavy something is.

**Note:** All vocabulary words in this LIFEPAC appear in **boldface** print the first time they are used. If you are unsure of the meaning when you are reading, study the definitions given.

**Pronunciation Key:** hat, āge, cāre, fär; let, ēqual, tērm; it, īce; hot, ōpen, ôrder; oil; out; cup, pūt, rüle; child; long; thin; /FH/ for then; /zh/ for measure; /u/ or /ə/ represents /a/ in about, /e/ in taken, /i/ in pencil, /o/ in lemon, and /u/ in circus.

**Ask your teacher to say these words with you.**



**Teacher check:**

Initials \_\_\_\_\_ Date \_\_\_\_\_

## Food Your Body Needs

The class was excited. Mrs. Farmer, the teacher, explained they were going to talk about food. Everyone was interested in food. Bob thought about hot dogs. Jane was thinking about ice cream. Fred dreamed of candy. Ann could taste a soft drink. All the students were ready to listen to Mrs. Farmer because food was something that interested everyone.



| Mrs. Farmer

“Students, we will talk about food today,” said Mrs. Farmer. “We will find out how each of us can build a **healthy** body. To have a healthy body, we must eat good food. Why should you eat good food?”

Mrs. Farmer started to write on the chalkboard as she talked to the class. She wrote, Food Helps Your Body. Under those words, she wrote the numbers one to six.



**As you read the story, write Mrs. Farmer’s list on the lines.**

### Food Helps Your Body

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

John was the first to answer the question. “Food helps us grow taller,” he said.

“Yes,” said Mrs. Farmer as she wrote John’s words after number 1 on the list.

“Food helps us gain **weight**,” said Babs. “We could grow taller, but we need to gain weight as we grow.”

“You’re right,” said Mrs. Farmer as she wrote Babs’ words after number 2 on the list.

“Food helps repair our bodies when we are hurt. When I broke my arm, I had to eat good food so the bones would grow together,” said Bill.

“That’s right,” said Mrs. Farmer. She wrote Bill’s idea after number 3 on the list.

“Food helps to keep us warm,” said Mary. “Warm **cereal** feels good inside my body on a cold day.”

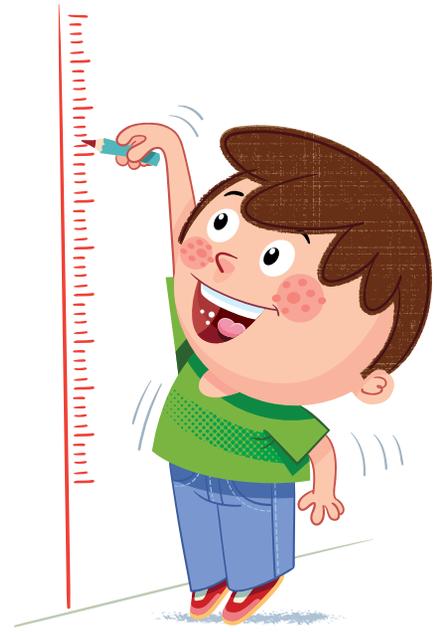
“You are right,” said Mrs. Farmer as she added Mary’s words to the list after number 4.

“Food can keep us from getting sick,” said Tom. “My uncle said that men on the old sailing ships had to eat **citrus** fruits and vegetables when they were on long trips to keep from getting a **disease** called **scurvy**.”

“Right,” said Mrs. Farmer. She wrote Tom’s words on the board after number 5. “Can anyone think of another way that food helps us?”

Everyone was quiet. Everyone was thinking. Each student read the list again. Not one person raised a hand to offer an answer.

“I will give you some help,” said Mrs. Farmer. “All your ideas have to do with the body you can see. What do you *do* with your body?”



| Food helps you grow taller.

"I run at the ball game," said Joe.

"I jump rope at playtime," said Janet.

"I walk a mile to school," said Tim.

"All that running, jumping, and walking takes a lot of **energy**," said Mrs. Farmer. "Energy has to come from something."

"Does food give us energy?" asked Jean.

"Yes, that is another way that food helps you," answered Mrs. Farmer. She wrote "Food gives you energy" after number 6 on the list.



### **Read your list.**

Have you written down the ways that food helps your body?

\_\_\_\_\_

Check your list with Mrs. Farmer's as you read the rest of the story.

"Read with me as you check your list," said Mrs. Farmer. The teacher and the class read the list on the board.

### **Food Helps Your Body**

1. Food helps you grow taller.
2. Food helps you gain weight.
3. Food helps to repair your body.
4. Food helps to keep you warm.
5. Food helps to keep you from getting sick.
6. Food gives you energy.



**Read your list again.** Check to be sure that you wrote all six ways that food helps your body.



**Read the following sentences.** The sentences are in the wrong order.

**1.1** Write the sentences on the lines in the order that the sentences happened.

Mrs. Farmer wrote on the board.

John got out of bed.

John ran to school.

John prayed at breakfast.

John said, "Good morning, Mrs. Farmer."

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

The next day, the class wanted to talk about food again. Jane wondered if ice cream would keep her from getting sick. Fred was not sure that candy would help him grow tall enough to be a basketball player. Everyone had questions to ask Mrs. Farmer.

"What food do you think is one of the best for you?" asked Mrs. Farmer.

"I drink milk with every meal," said Dick. "Milk must be good for me."

"Yes, milk is in one of the important food groups called dairy," said Mrs. Farmer. "You should drink two or three 6-ounce glasses of milk every day. You can eat low-fat or fat-free **cheese** or yogurt instead of one of the glasses of milk if you want. A lot of good things are in milk. These things are called **nutrients**. The nutrients help your bones and teeth grow strong." MyPlate and the dietary guidelines for Americans were updated by the USDA. You can go to [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information.



**Complete these drawings.**

**1.2** Draw three glasses of milk, a piece of cheese, and a cup of yogurt.

Milk

Cheese

Yogurt



**Write on these lines what the nutrients in the dairy group do for your body.**

**1.3**

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**Write the answers on the lines.**

**1.4** Milk, yogurt, and cheese are in the \_\_\_\_\_ group of foods.

**1.5** The things in milk that help your body are called

\_\_\_\_\_.

**1.6** You should drink \_\_\_\_\_ or \_\_\_\_\_ 6-ounce glasses of milk a day.

“What other food do you think is good for you?” asked Mrs. Farmer.

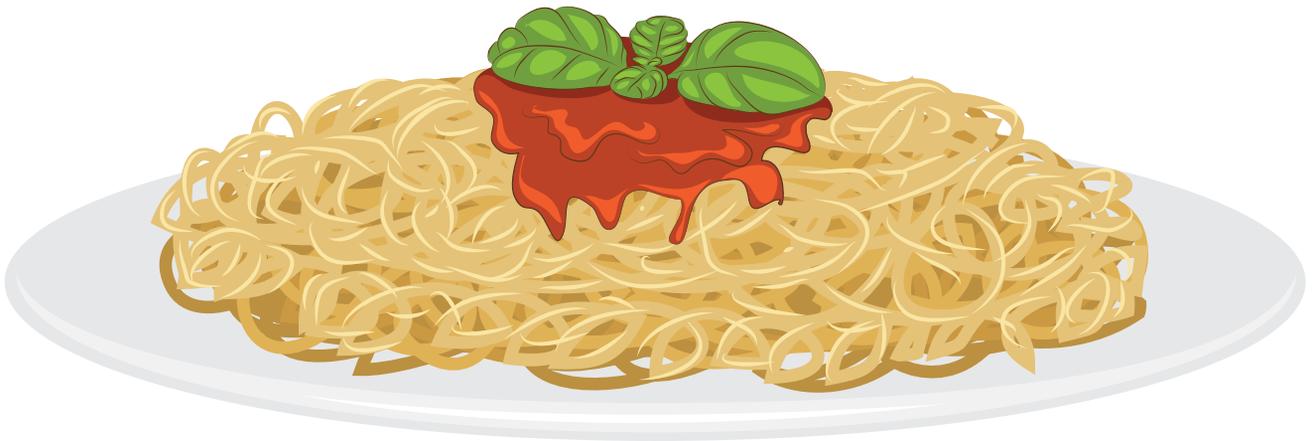
“My mother always tells me to eat my bread,” said Jim. “I think bread is good for me.”

“Yes, bread and cereal are in another important food group which is called the grains group. You should eat four or more servings a day. A slice of bread or a bowl of cereal is one serving. This food group gives you energy. Why do you need energy?”

“We need energy to run and walk,” said Bill.

“Other foods in the grains group are **macaroni**, rice, **toast**, popcorn, and **spaghetti**,” said Mrs. Farmer.

When Mrs. Farmer said spaghetti, everyone smiled. Everyone in the class liked spaghetti.



**Look in a magazine.**

- 1.7** Find pictures of foods in the grains group. Paste the pictures in the space.

**Write the name of the food group on the lines.**

- 1.8** Cooked cereal belongs to the \_\_\_\_\_ group of foods.
- 1.9** Spaghetti belongs to the \_\_\_\_\_ group of foods.
- 1.10** Cheese belongs to the \_\_\_\_\_ group of foods.
- 1.11** Grains help to give you \_\_\_\_\_ .
- 1.12** Dairy helps to build \_\_\_\_\_ and \_\_\_\_\_ .

# SELF TEST 1

Each answer = 1 point

Find the names of the five food groups. Put a ring around each group.

1.01 AFRUITSNADVEGETABLESZ

1.02 DAIRYMFJKOFTXSNDDOBLS

1.03 BREAGRAINSREALLIMSTW

1.04 MJNTHTEMKPROTEINDNDV

Write the names of the five food groups plus the other set of things you need on the lines.

1.05 \_\_\_\_\_

1.06 \_\_\_\_\_

1.07 \_\_\_\_\_

1.08 \_\_\_\_\_

1.09 \_\_\_\_\_

1.010 plus \_\_\_\_\_

**Draw a line from the food to its food group.**

- |                          |            |
|--------------------------|------------|
| <b>1.011</b> milk ●      | oils       |
| <b>1.012</b> chicken ●   |            |
| <b>1.013</b> avocados ●  | dairy      |
| <b>1.014</b> toast ●     |            |
| <b>1.015</b> hamburger ● | proteins   |
| <b>1.016</b> eggs ●      |            |
| <b>1.017</b> oranges ●   | vegetables |
| <b>1.018</b> bread ●     |            |
| <b>1.019</b> ice cream ● | grains     |
| <b>1.020</b> apples ●    |            |
| <b>1.021</b> carrots ●   | fruits     |

**Write the correct word from the list on the line.**

energy  
scurvy

additives  
protein

junk  
grains

nutrients

**1.022** Things put into food to change the color are called \_\_\_\_\_.

**1.023** Fish belongs in the \_\_\_\_\_ food group.

**1.024** When someone does not eat enough fruits and vegetables high in vitamin C, he can get a disease called \_\_\_\_\_.

**1.025** Spaghetti is in the \_\_\_\_\_ food group.

**1.026** The things in milk that build bones and teeth are called \_\_\_\_\_.

**1.027** To run and play, you need a lot of \_\_\_\_\_.

**1.028** Empty calorie food is another name for \_\_\_\_\_ food.



**Teacher check:**

Score \_\_\_\_\_

Initials \_\_\_\_\_

Date \_\_\_\_\_





SCI\_Gr3-5



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