

Nutrition Ag Mag - Vocabulary - Matching

Directions: Match the word with the correct definition.

- | | |
|------------------------|---|
| _____ 1. Calcium | A. Supplies energy, builds cells and blood, and aids in the growth of healthy muscles, organs, and skin. |
| _____ 2. Carbohydrates | B. Helps your body release energy from carbohydrates, fats, and proteins. |
| _____ 3. Fats | C. Builds strong bones and teeth and make hemoglobin in red blood cells. |
| _____ 4. Grains | D. Provides major fuel for your body. Mainly made up of starches and sugars. |
| _____ 5. Minerals | E. Provides energy, carries vitamins through your body, and flavors foods. |
| _____ 6. Protein | F. Makes up more than 60 percent of your body and helps carry nutrients to cells. |
| _____ 7. Vegetables | G. Helps our bones and teeth to grow and stay strong. |
| _____ 8. Vitamin C | H. Strengthens body cells, promotes healing of wounds and bones, and helps to resist infections. |
| _____ 9. Vitamins | I. Provides us with protein, are a good source of fiber, and provide potassium |
| _____ 10. Water | J. Provides an excellent source of energy and have a high starch content |

Nutrition Ag Mag - Math

Directions: Use the food label on this page to answer the following questions.

Nutrition Facts	
Serving Size 1 ounce Servings in bag 4	
Amount Per Serving	
Calories 155	Calories from Fat 93
% Daily Value*	
Total Fat 11g	16%
Saturated Fat 3g	15%
Trans Fat	
Cholesterol 0mg	0%
Sodium 148mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 9%
Calcium 1%	• Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

1

How many grams of fat would a person consume if they ate the entire bag of the product?

- A 11 grams
- B 22 grams
- C 33 grams
- D 44 grams

2

How many calories are in 2 servings of the product?

- A 155 calories
- B 310 calories
- C 350 calories
- D 186 calories

3

What percent of the Daily Value of sodium would you get in 1 serving?

- A 6 %
- B 8 %
- C 5 %
- D 0 %

4

There are _____ grams of protein in 3 servings of the product.

- A 2
- B 4
- C 6
- D 8

Nutrition Ag Mag - Math

Directions: Use the food label on this page to answer the following questions.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings per Container 2			
Amount Per Serving			
Calories 280	Calories from Fat 120		
% Daily Value*			
Total Fat 13g	20%		
Saturated Fat 5g	25%		
Trans Fat 2g			
Cholesterol 2mg	10%		
Sodium 660mg	28%		
Total Carbohydrate 31g	10%		
Dietary Fiber 3g	0%		
Sugars 5g			
Protein 5g			
Vitamin A 4%	•	Vitamin C 2%	
Calcium 15%	•	Iron 4%	
*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

5

What is the serving size for this product?

- A 1 ounce
- B 1 cup
- C 2 ounces
- D 2 cups

6

How many grams of trans fat are in two servings of the product?

- A 13 grams
- B 26 grams
- C 2 grams
- D 4 grams

7

What percent of the Daily Value of Vitamin C does one serving of this product provide?

- A 6 %
- B 8 %
- C 5 %
- D 0 %

8

Percent Daily Values are based on a _____-calorie diet.

- A 200
- B 1000
- C 2000
- D 2200

Nutrition Ag Mag - Reading Passage

Plants and Animals: Links in the Food Chain

Taken from *Food and Nutrition* by the World Almanac Library

A human being who lives to be at least 65 years old will usually eat more than 70,000 meals, which amounts to over 55 tons (50 metric tons) of food and an enormous amount of fluids. Humans are omnivores, which means they eat both plants and animals.

As omnivores, humans are at the top end of the food chain. At the other end of the chain are green plants, called producers. Through photosynthesis, they process organic substances from minerals contained in soil, water, and air. Higher up the food chain are the primary consumers—herbivores, or plant eaters. Higher still are the secondary consumers—insectivores (insect eaters), carnivores (meat eaters), and omnivores—which mostly feed on organic substances (protein, fats, carbohydrates, vitamins), taken from the animal and vegetable kingdoms. The chain is completed by decomposers, which turn dead organisms and organic waste into substances that can be used by plants. As omnivores, humans have always treated food with curiosity and caution—curiosity is needed to find new food sources, but caution is needed because any new food could be dangerous. Earth has over 30,000 plant species that are considered edible, but only 7,000 of these species have become part of the food cycle, and only three account for 50 percent of the human diet.

Directions: Read each item. Choose the word that would best complete the sentence.

1

What group of consumers are at the top of the food chain?

- A Carnivores
- B Herbivores
- C Omnivores
- D Insectivores

2

Omnivores eat _____.

- A Animals only
- B Plants only
- C Insects only
- D Animals and plants

Nutrition Ag Mag - Reading Passage

Directions: Read each item. Choose the word that would best complete the sentence.

3

Organic substances include all of the following except _____.

- A Vitamins
- B Metals
- C Fats
- D Carbohydrates

4

Green plants at the bottom of the food chain are called _____.

- A Primary Consumers
- B Producers
- C Secondary Consumers
- D Decomposers

5

_____ turn dead organisms and organic waste into substances that can be used by plants.

- A Decomposers
- B Producers
- C Primary Consumers
- D Secondary Consumers

6

Green plants use a process called _____ to process organic substances from minerals contained in soil, water, and air.

- A Food Cycle
- B Curiosity
- C Caution
- D Photosynthesis

Extended Response

Nutrition is important for everyone around the world. Discuss how your diet is different from those of other families around the world. Do other families receive the proper nutrition according to our standards?