You Are What You Eat ... & What You Do!

Your body is made entirely of the chemicals it gets from the food & water you eat - & whatever it can’t get rid of! Study this chart to see if you are treating your body well or not. Use the Word Bank on the back to help you understand it all. Then answer the questions on at the side & on the back.

<table>
<thead>
<tr>
<th>Food Groups &amp; Nutrients</th>
<th>Body System Needs</th>
<th>Affects on You</th>
<th>How Much of This Do You Get Daily?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Water</strong></td>
<td>You need 6-8 glasses of pure water each day</td>
<td>Lots of it will move nutrients in &amp; waste out of you quickly through your digestive, circulatory, &amp; excretory systems</td>
<td>Too little &amp; you get headaches, dryness, vital organ problems, disease, or death in extreme dehydration (thirst)</td>
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<tr>
<td><strong>Carbohydrates</strong></td>
<td>You need 3 to 10 ounces (oz.) of “carbs” each day (depends on activity level)</td>
<td>Correct amount gives you energy in quick bursts or for long workouts &amp; a healthy respiratory system</td>
<td>Too much causes weight gain, slowness &amp; organ problems. Too little causes weight loss, lack of energy, illness &amp; death</td>
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<tr>
<td><strong>Protein &amp; Fats</strong></td>
<td>You need 2 to 3 cups of dairy &amp; 2 to 7 oz. of meat, fish, egg or beans each day</td>
<td>Correct amount &amp; type gives you strong skeleton, joints, tendons, muscles &amp; ability to avoid injury &amp; heal quickly</td>
<td>Too much, esp. if fatty, causes weight gain &amp; organ diseases. Too little causes weight loss, anemia, mental slowness, slow healing, &amp; death</td>
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<tr>
<td><strong>Minerals &amp; Vitamins</strong></td>
<td>You need 1 to 2½ cups of fruit &amp; 1 to 4 cups of vegetables each day for best health</td>
<td>Eating foods (not just pills) to get all the vitamins &amp; minerals needed gives you a strong nervous system, endocrine system, reproductive system</td>
<td>Not enough causes tiredness, headaches, mental slowness, bad moods, diseases, slow reflexes, poor balance, weakness, injury, slow healing &amp; death</td>
</tr>
</tbody>
</table>

*Note: If you are very active eat the maximum; if less active, eat lowest amounts above.*
What You Eat & What You Do: Questions

Your body also must keep moving! The more you exercise, the better your body is at getting nutrients from food & moving it to all your body parts.

1. What do you do each week to make your muscles strong? ____________________________________________

2. What do you do each week to make your body flexible? ____________________________________________

3. What do you do weekly to make your heart & lungs strong? _______________________________________

4. Do you think you get enough exercise? __________

How You Look & How You Feel: Questions

What you do to your body affects how good you feel. Your spirit, emotions & thoughts depend on the food, water & exercise you give yourself – or don’t!

5. Is your diet & exercise helping you? Explain. ____________________________________________________

6. What can you do for your body to be happy & healthy? ______

______________________________________________________________________________________________

WORD BANK – Your Body Systems & More

1. nutrients – natural chemicals in food & water we need to live & stay healthy
2. vital organs – body parts needed to stay alive like heart, lungs, brain, stomach, etc.
3. digestive system – mouth, throat, stomach organs that digest (break down) food
4. circulatory system – heart, veins, arteries that carry blood to all body parts
5. respiratory system – lungs, nose, throat, diaphragm for breathing
6. excretory system – kidneys, bowels, bladder to remove waste from body
7. nervous system – brain, spinal cord that controls the mind, body movements, emotions
8. endocrine system – hormones, sex glands & organs to regulate body, mind & emotions
9. reproductive system – ovaries, uterus, vagina, testes, penis to make babies