

BrainPOP Nutrition

Go to: www.brainpop.com

This Web site will let you watch two BrainPOP movies each day free of charge.

Directions:

- Before you begin, make sure the volume on your computer is turned up.
- Click on the orange box titled “Health Movies”. This will take you to another screen.
- Topics are listed in alphabetical order. Click on “Nutrition” .
- This will take a minute to load. When loading is complete, you will see a green box at the top right corner of the screen. Click the “play the movie”.
- After you watch the movie, click “play the quiz”. The quiz questions are listed on the next two pages. Circle your answers.

Here are a few nutrition tips to help you on the quiz:

- ✓ Carbohydrates and fats are the main nutrients your body uses for fuel.
- ✓ You need protein for growth, replacement, and repair of your body.
- ✓ Eating five servings of fruits and vegetables each day may help reduce your risk of heart disease and cancer.
- ✓ The food pyramid is a guide for healthy eating. It helps you choose what to eat and how much to eat from each food group so you can get the nutrients you need.
- ✓ Grains, breads, and starchy foods are at the bottom of the pyramid because you need the most servings from this group.
- ✓ Fats, sweets, and oils are at the top of the pyramid because you need the least servings from this group. These foods have a lot of calories, but they do not provide many nutrients.

- ✓ Vitamin C promotes healthy teeth and gums, helps in the absorption of iron, and promotes wound healing. It also helps the body's immune system. Oranges, grapefruit, tomatoes, and broccoli are some good sources of vitamin C.
- ✓ Calcium is a mineral that you need for strong bones and teeth. Milk, cheese, and yogurt are good sources of calcium.
- ✓ Use the Food Guide Pyramid to help you make healthy breakfast choices.
- ✓ For the best nutrition eat a balanced diet, and choose a wide variety of foods from the Food Guide Pyramid.

Quiz Questions

Please circle the correct answer.

1. What does your body use for fuel?
 - a. Protein
 - b. Carbohydrates and fat
 - c. Carcinogens
2. What nutrient is used to repair the body?
 - a. Carbohydrate
 - b. Fats
 - c. Protein
3. Which of these should you eat 5 times a day?
 - a. French fries
 - b. Fruits and vegetables
 - c. Hot dogs
4. What is the food pyramid?
 - a. A prism
 - b. A new find in Egypt
 - c. A guide for healthy eating

5. Which foods do we need most of?
 - a. Grains, beans, and starchy vegetables
 - b. Meat
 - c. Candy, soda, and gum

6. Which foods do we need least of?
 - a. Ice cream and key lime pie
 - b. Dairy products
 - c. Fruits and vegetables

7. What is an example of a vitamin?
 - a. Vitamin 99
 - b. Vitamin moby
 - c. Vitamin C

8. What is an example of a mineral?
 - a. Sugar
 - b. Bread
 - c. Calcium

9. Which of these is an example of a healthy breakfast?
 - a. Cereal with milk orange juice, and a banana
 - b. A doughnut and some hot cocoa with 6 huge marshmallows in it
 - c. Four pounds of bacon, sixty pancakes, and a vitamin

10. Which of these is an example of proper nutrition?
 - a. Eat only celery and oatmeal
 - b. Eat a balanced diet
 - c. Eat only corn chips and salami all day long



This institution is an equal-opportunity provider.
1-800-WIC-FOR-U (1-800-942-3678)