

Nutrition Sleuth

Go to: www.homeschooling.about.com/cs/gameshealth/

Scroll down the page, and click on “Nutrition Sleuth”. Read the directions for playing the game. Then, click on “Open the Case Book”. Click on each person to read about his or her nutrition problem. After you solve one person’s nutrition mystery, choose the button that says “Click to Go Back to the Case Book”.

Draw a line to match the person to the nutrient that he or she is missing.

Fast Food Phil	Water
Sleepy Sue	Folate
Athletic Annie	Calcium
Bruiser Bill	Vitamin D
Squintin’ Clinton	Vitamin A
Cloudy Claudia	Vitamin C
Mama Mia	Iron

Use the information you learned from the people in the case book to answer the following questions.

How does water help your body?

Why is folate an important nutrient for women?

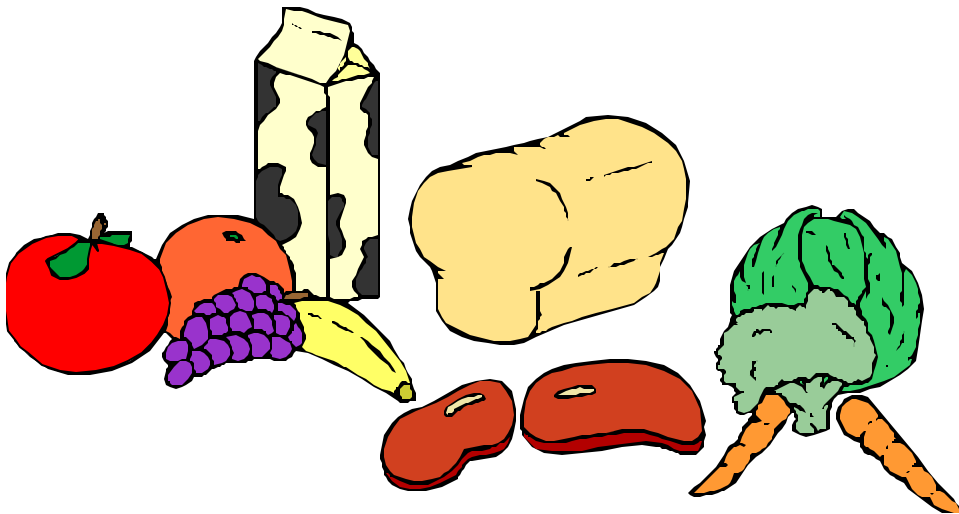
Name one food that is a good source of calcium.

Name one way you can get vitamin D.

Name one food that is a good source of vitamin A.

How does vitamin C help your body?

Name one food that is a good source of iron.



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