

Nutrition and Health

Chapter 1 Food Families

- Fruits and Vegetables
- Breads and Cereals
- Milk and Cheese
- Meat, Poultry, Fish, Beans, Eggs
- Fats and Sweets
- Good Healthy Eating

Chapter 2 Eating Correctly

- Variety of Foods
- Maintain an Ideal Weight
- Fat and Cholesterol
- Starch and Fiber
- Go Easy on Sugar!
- Alcohol
- Watch the Salt!
- Snacking
- Dieting
- Planning Menus

Chapter 3 Health and Medicine

- Symptoms
- Thermometers
- Using Medicines Safely
- Prescriptions
- Storing Medicine
- Medical Records

Chapter 4 First-Aid and Safety

- Burns
- Fire Safety
- Planning Ahead to Save Lives
- Home Fire Alarms
- First-Aid
- Artificial Respiration
- Poisoning
- Broken Bones
- Choking
- Bleeding
- Nosebleed
- Animal Bites
- Fainting

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Answers

Introduction

Time Out (page 1)

1. Wording may vary. Nutrition is the act or process of eating the best foods so that your body grows and works well.
2. The human body should be fueled at least three times a day.
3. Wording will vary. Accept answers that emphasize the body is free from illness or injury.

Think (page 2)

1. Answers will vary. You may wish to have students respond orally. If so, guide discussion so that students recognize that poor health can often be improved by a change of behavior.

You may wish to ask students these same introductory questions at the completion of the program. Have students compare their responses.

Chapter 1

Food Families

Time Out (page 4)

1. a. F, b. T, c. F, d. T, e. T
2. Fruits and vegetables; breads and cereals; milk and cheeses; meats, poultry, fish, beans, and eggs