

LEVELED BOOK • R

An Apple a Day



Written by Katherine Scraper

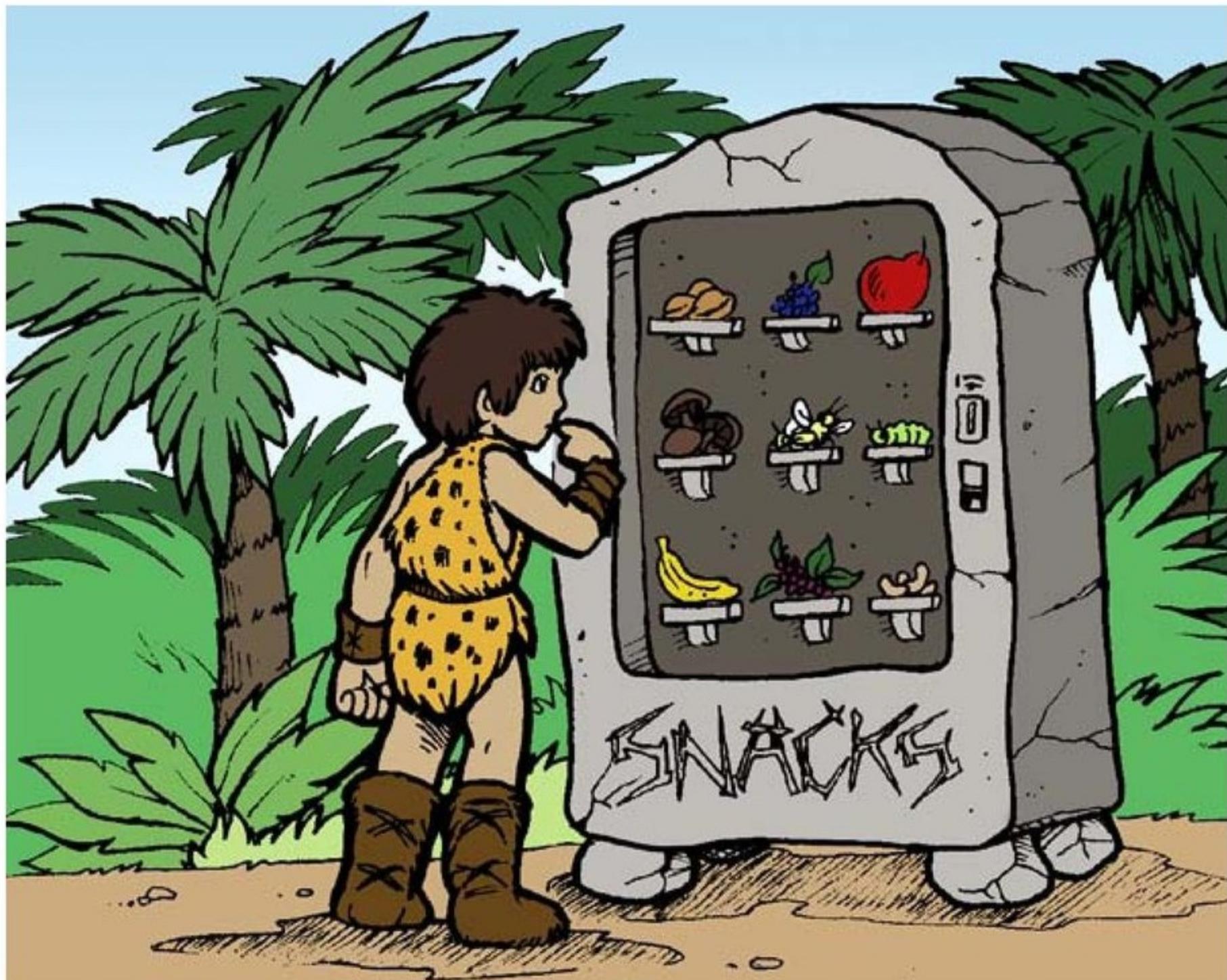
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A Snack, Anyone?

If you lived in **prehistoric** times, a snack might have meant nuts and seeds that you found in the forest. You might have picked wild berries and mushrooms. You might even have found a tasty insect to munch on.

Now, you go to the cupboard, refrigerator, or even a vending machine for a snack. You can select from fruit, bread, cheese, or even soda and candy. Because there are so many choices, the study of food—**nutrition**—is more important than ever.

Try This!

How many meals might you eat in your life?

① Use a calculator.

② Multiply:
3 meals a day
times
365 days a year
times
90 years

Wow!
That's a lot!

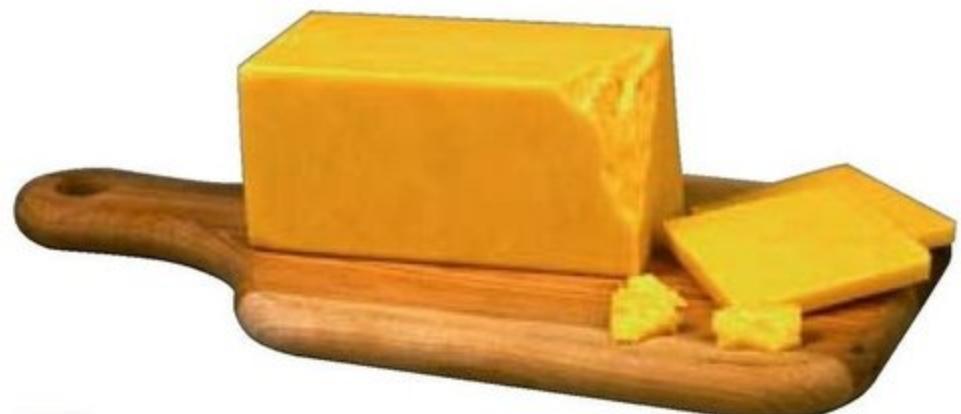
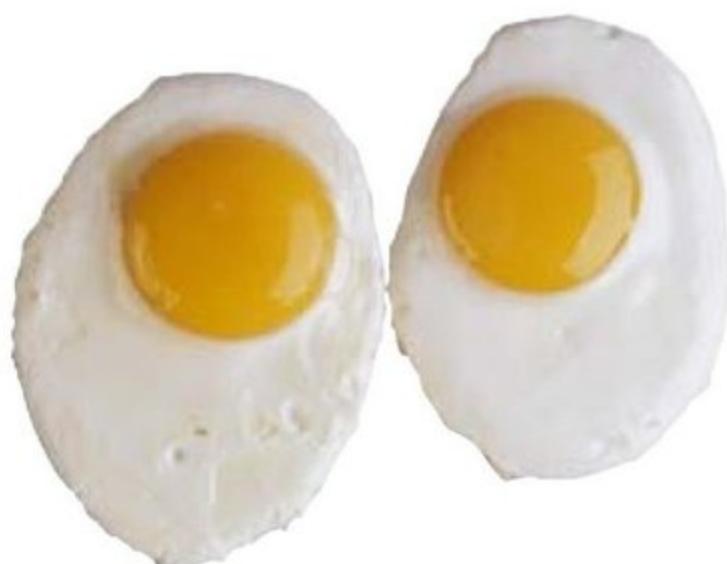


Nutrients

A **nutrient** is any substance your body needs to live, stay healthy, and grow. All of the nutrients you need come from the foods you eat and liquids you drink. This is why it is very important to eat foods that contain the right kinds of nutrients. On the next few pages, you will find out about different kinds of nutrients, what they do for your body, and what foods you can eat to get them.

What Is a Protein?

Proteins make up the building blocks of your body, helping build and repair cells. Proteins are especially important for strong muscles. Foods that contain protein include meat, fish, eggs, dairy products, beans, nuts, and some grains.



What Is a Carbohydrate?

Carbohydrates are the nutrients your body uses to make energy. Some carbohydrates are especially good for you because they give you energy over a long period of time. These are found in foods such as vegetables, many fruits, oatmeal, whole grains, and whole-grain bread. Other carbohydrates, called sugars, create an energy flood followed by an energy crash, which is stressful to your body. These not-so-good carbohydrates include the sweet sugars in candy and the starches in cakes, cookies, white potatoes, bagels, and many breads.



Do You Know?

Type 2 diabetes is a disease caused by too much sugar in the blood. Your body works to move sugars from your blood into your cells, where the sugars turn to energy. Poor eating habits, including eating too many sweets, can increase your risk of diabetes. In some countries, including the United States, type 2 diabetes is increasing at an alarming rate.





What Is a Fat?

Another nutrient your body needs is **fat**. Fats have gotten a bad rap, but they are essential for building cells, absorbing certain **vitamins**, and storing extra energy. Fats occur as animal fats in meat and cheese, and vegetable fats in olive oil, nuts, and seeds.

Some fats are better for you than others. Vegetable fats from nuts and seeds are better than animal fats from meat and butter. Fats called trans fats are processed fats in pre-made foods such as snacks, cheese products, fried foods, and desserts. They are often called “hydrogenated” or “partially hydrogenated” oils. Studies have shown that these fats are not good for the body.



French fries often are cooked with trans fats.

Vitamins, Minerals, and Water

Other nutrients include special chemicals called vitamins. Vitamins help control how your cells use energy, and they help your body build the chemicals it needs to see, digest food, and fight diseases.



Vitamin supplements

Your body needs nutrients called **minerals** to help your bones, blood, and other parts grow and function. Minerals also help your brain and nerves send signals to your body. Many people get the vitamins and minerals they need from pills called **supplements**.

Water is also essential for life. It helps you digest food by carrying nutrients to all the

cells in your body. It is found in many foods, such as fruits, vegetables, meats, and even bread. But you should also drink six to eight glasses of water each day.



Taking water breaks during a long hike is a good idea.

Calories

A **calorie** is a bit of energy that you get from food. High-calorie foods can give you lots of energy. But if you eat more calories than your body burns, you will store those calories as body fat. If you eat more calories than you burn over a long time, you will gain an unhealthy amount of weight.

There is a way to keep your body at the proper weight. Balance the calories you eat with the calories you burn through exercise. Desserts usually have lots of calories. So can you have a piece of birthday cake at a friend's party? Of course! But balance it out with an active game of hopscotch.



High-calorie food (left) can be balanced with exercise (right).

How Many Calories Do You Use?





Smart Eating

There are many different opinions about what foods people should eat to be healthy.

But many people agree that certain foods are good for your health, and other foods are not as good. Every day, be sure to eat protein, complex



carbohydrates, healthy fats, and lots of colorful vegetables and fruits. As the old saying goes, an “apple a day” is a good way to stay healthy.



Get to know which kinds of foods you enjoy from each of these groups. Try different kinds of proteins, grains, vegetables, and fruits to learn which ones you like best. And remember that many snack foods that are ready to eat from a bag or box are probably not healthy choices.



PROTEIN

Eat more: fish, chicken, turkey, eggs, lean meat (without much fat), low-fat dairy



Eat less: meat with lots of fat or with breading; fried and deep-fried meats; highly processed meats like lunchmeat; high-fat dairy

CARBOHYDRATES

Eat more: colorful vegetables and fruit, oatmeal, brown rice, whole grains, whole-grain bread, whole-grain pasta



Eat less: sugar, white bread, cakes, white potatoes, white flour pasta

FATS

Eat more: nuts, most vegetable oils, fish oil

Eat less: saturated fat (the fat in meat and dairy products)

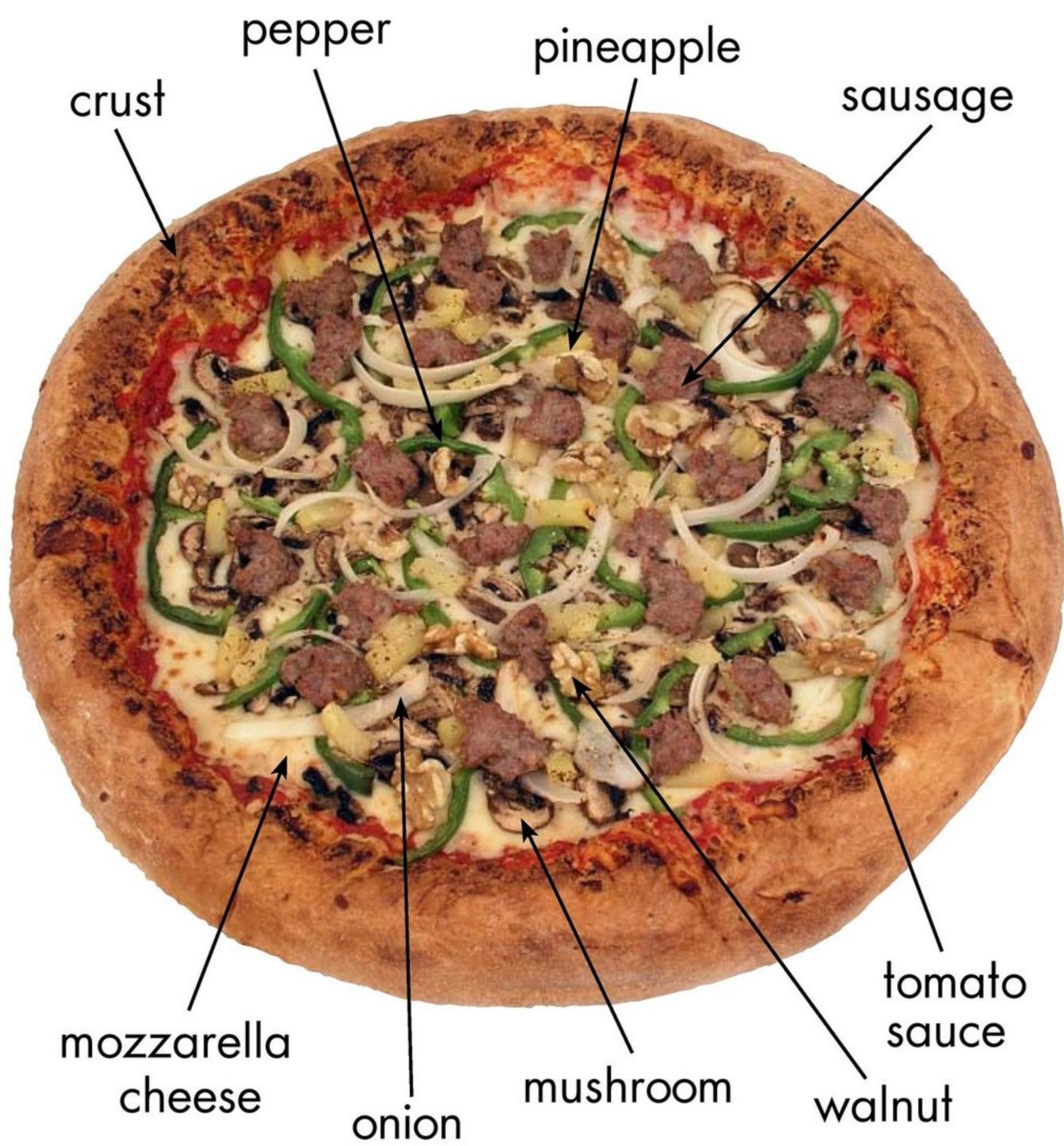


Avoid: trans fats (found in processed foods)

WATER

Drink a lot!





Some recipes contain foods from each of the main food groups. Can you match each food above to the right group?

Mmmm . . . tasty!

Nutrition Facts

Look at a box of cereal, a granola bar wrapper, or a bottle of juice. You will probably see a chart like the one below called the nutrition facts. The nutrition facts tell you what kinds of nutrients are in the food.

The first lines of the nutrition facts tell you the serving size, or how much of the food you should eat at one meal or snack. It might surprise you to see that a container, such as a bag of chips or bottle of soda, contains two or more servings. When you eat or drink the whole container, you are getting two servings, with double the calories and nutrients.

How many grams of fat does this tomato sauce have?



Nutrition Facts	
Serving Size 1/2 cup (125g)	
Servings Per Container about 6	
Amount Per Serving	
Calories 70	
Calories from Fat 10	
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carb. 14g	5%
Dietary Fiber 2g	7%
Sugars 8g	
Protein 2g	
Vitamin A 20% • Vitamin C 8%	
Calcium 2% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Nutrition facts

The calories are listed below the serving size. This jar of sauce has 70 calories in one serving.

The nutrients are listed under the heading “Amount Per Serving.” The nutrition facts divide fats into saturated and unsaturated, and they divide carbohydrates into sugars and fibers. Saturated fats and sugars are less healthy than unsaturated fats and fibers.

Most nutrition facts also list all of the ingredients in order from most to least. For instance, this jar of sauce is made mostly of tomato puree and tomatoes, and has just a little lemon juice.

INGREDIENTS: TOMATO PUREE*, TOMATOES*, BELL PEPPERS*, ONIONS*, CARROTS*, GARLIC* & ROASTED GARLIC*, EVAPORATED CANE JUICE*, ZUCCHINI*, SEA SALT, EXTRA VIRGIN OLIVE OIL*, HERBS*, LEMON JUICE CONCENTRATE*, SPICES*.

*CERTIFIED ORGANIC

Excellent source of Vitamin A
No Saturated Fat
Cholesterol Free

List of ingredients

It's a Choice!

Right now, the caring adults in your life make many of your food choices. Your parents may prepare your breakfast and dinner. You may eat lunch in the school cafeteria. Even your soccer coach or your scout leader may provide refreshments for your practices and meetings.



Adults can help you plan meals and snacks.



Food, water, and exercise: keys to good health

As you get older, you will have more and more chances to select what you eat. Knowing about the types of nutrients will help you stay healthy. You will also need to think about calories. Begin to follow healthy habits now. Eat well, exercise, and drink plenty of water. Keep a happy, positive attitude. It's a choice!

Try This!

◆◆Smart Eating

You can use the Smart Eating section of this book to plan your meals for a day. Be sure to include healthy foods from each of the three main food groups. If you eat something from a not-so-good list, try to eat something healthy at the same meal, or have another meal during the day that includes healthier foods. And remember to eat a good breakfast each morning. You'll have energy all day, and you'll do better in school.

Breakfast _____

Morning Snack _____

Lunch _____

Afternoon Snack _____

Dinner _____

Bedtime Snack _____

Glossary

calorie	unit that measures how much energy is in food (p. 10)
carbohydrates	nutrients your body uses as fuel (p. 7)
fat	nutrient your body uses as fuel, building material, and to store extra calories (p. 8)
minerals	chemicals your body uses for many purposes; your body only needs small amounts of minerals (p. 9)
nutrient	any substance your body needs to live, stay healthy, and grow (p. 5)
nutrition	the study of foods and how your body uses them (p. 4)
prehistoric	before recorded or written history (p. 4)
proteins	nutrients your body uses as building material and fuel (p. 6)
supplements	non-food substances that provide nutrients (p. 9)
vitamins	chemicals your body uses to maintain health (p. 8)

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An Apple a Day
Level R Leveled Book
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