

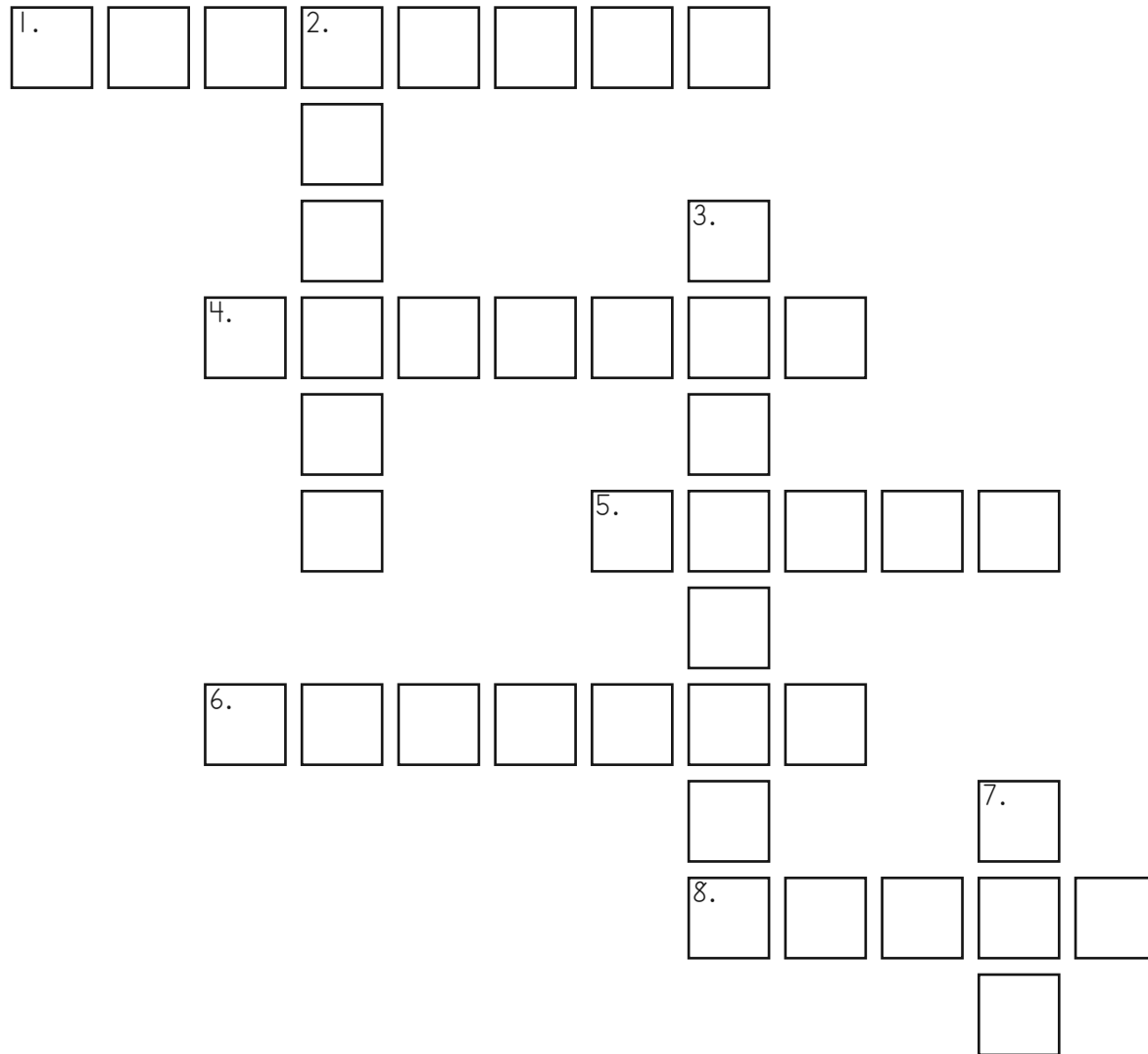
Name _____

INSTRUCTIONS: Before you read the book, write what you know about nutrition in the first column. Then write what you would like to know about nutrition in the second column. When you finish reading the book, write what you learned in the third column.

What I KNOW	What I WANT to Know	What I LEARNED

Name _____

INSTRUCTIONS: Use vocabulary from the book to complete the crossword puzzle.



1. These help your bones, blood, brain, and nerves.
2. This comes from calories.
3. These help control how your cells use energy.
4. This helps you have strong muscles.
5. This helps carry nutrients to all the cells in your body.
6. This is a unit of heat or energy in food.
7. This can be found in meat, cheese, olive oil, nuts, and seeds.
8. This is a type of simple carbohydrate.