



LIFE·PAC®

Science



Alpha Omega Publications®

# SCIENCE 304

## YOU ARE WHAT YOU EAT

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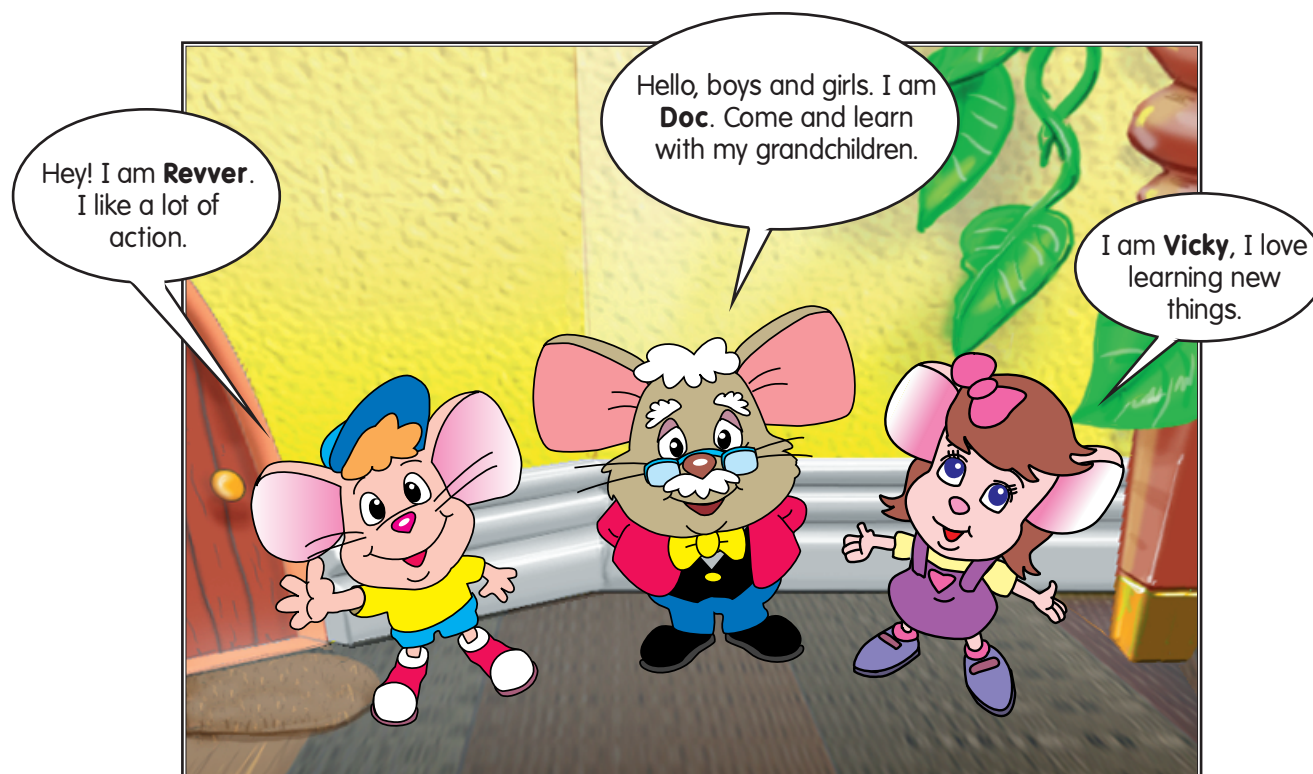
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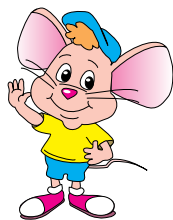
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## Learn with our friends:



When you see me, I will help your teacher explain the exciting things you are expected to do.

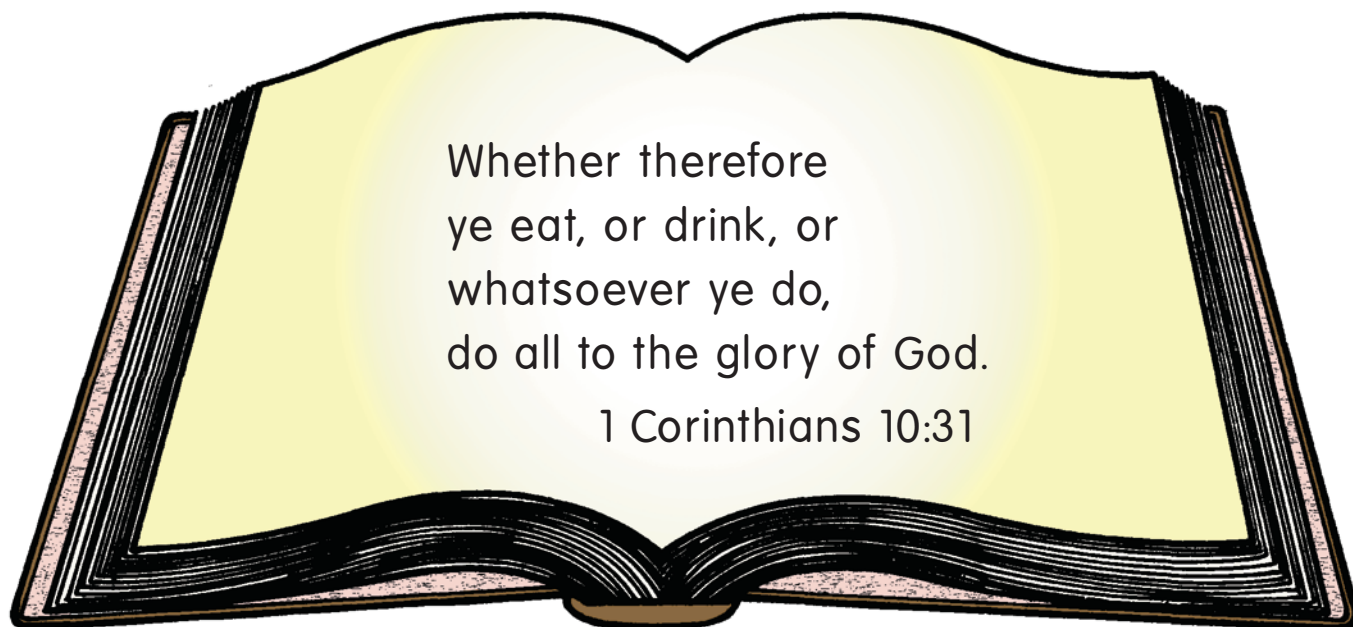


When you do actions with me, you will learn how to write, draw, match words, read, and much more.

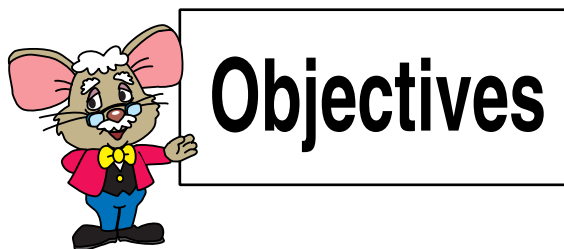


You and I will learn about matching words, listening, drawing, and other fun things in your lessons.

# YOU ARE WHAT YOU EAT



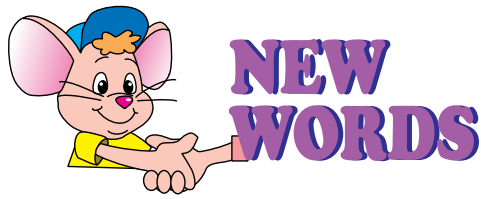
In this LIFEPAC® you will learn how to build a healthy body. You will learn how to plan for healthy eating so that you can have a healthy body. Also, you will read about some good habits that will help you to care for your body.



**Read these objectives.** They tell you what you will be able to do when you have finished this LIFEPAC.

1. You will be able to tell six ways that food helps your body.

2. You will be able to name foods that are junk foods and tell why junk foods are not good foods.
3. You will be able to name the five food groups.
4. You will be able to name foods from each food group plus oils.
5. You will be able to tell how to take care of your teeth, eyes, body, and thoughts.



**additive** (ăd' dī tiv). Something added to food.

**bacon** (bā' kən). The salted meat from a pig.

**beef** (bēf). The meat from a cow.

**blood** (blūd). The red liquid that flows through the body.

**breathe** (brēTH). To force air in and out of the body.

**calorie** (kāl' ə rē). The unit of energy supplied by food.

**celery** (sēl' ə rē). A vegetable.

**cereal** (sîr' ē əl). A food made from grain.

**cheese** (chēz). A food made from milk.

**citrus** (sīt' rəs). Fruit such as oranges, limes, or grapefruit.

**cube** (kyōob). A solid object with six square sides.

**decay** (dī kâ'). To rot.

**dental floss** (dēn' tl flôs). A kind of string used to clean between the teeth.

**dentist** (dēn' tist). A doctor who cares for the teeth.

**digestion** (dī jēs' chən). The changing of food for use in the body.

**disease** (dī zēz'). Sickness.

**energy** (ēn' ərgē). The power to do something.

**hamburger** (hām' bûr' gər). Ground meat.

**healthy** (hēl' thē). Having good health.

**jaw** (jô). The lower part of the face.

**junk** (jŭngk). Anything that is not useful.

**macaroni** (māk' ə rō' nē). Hollow tubes made of flour and water.

**magazine** (măg' ə zēn'). A publication printed at regular times.

**menu** (mēn yōō). A list of food served as a meal.

**mineral** (mīn' ə rəl). Something found in food that is good for the body.

**muscle** (mūs' əl). The part of the body that makes the body move.

**napkin** (năp' kīn). A piece of paper or cloth used at meals to protect the clothing.

**nutrient** (nōō' trē ənt). The part of food that is good for the body.

**peanut** (pē' nŭt). A nut that is eaten.

**pork** (pôrk). The meat from a pig.

**rinse** (rīns). To wash with clean water.

**scissors** (sīz' ərs). A tool for cutting.

**scurvy** (skûr' vē). A disease caused by lack of citrus fruits.

**shoulder** (shōl' der). The part of the body to which the arm is attached.

**snack** (snāk). A light meal.

**spaghetti** (spə get' tē). Long, thin sticks made of flour and water.

**steak** (stāk). A cut of meat.

**toast** (tōst). A slice of bread browned by heat.  
**toothbrush** (tōoth brūsh). A tool for cleaning the teeth.  
**toothpaste** (tōoth pāst). A cleaner for the teeth.  
**toothpick** (tōoth pīk). A small stick used to clean the teeth.  
**total** (tō təl). The amount found when all the things are added.  
**veal** (vēl). Meat from a calf.  
**vitamin** (vī' tə mīn). Something found in food that is good for the body.  
**weight** (wāt). How heavy something is.

These words will appear in **boldface** (darker print) the first time they are used.

## I. HOW TO BUILD A HEALTHY BODY

You need to eat good food in order to grow a strong body. Some food does not help to build your body. You will not be hungry for the good food if you eat too much of the food that does not help you. Read this section of your LIFE PAC to find out why your body needs food. Read to learn about the helpful foods and the foods that do not help you.