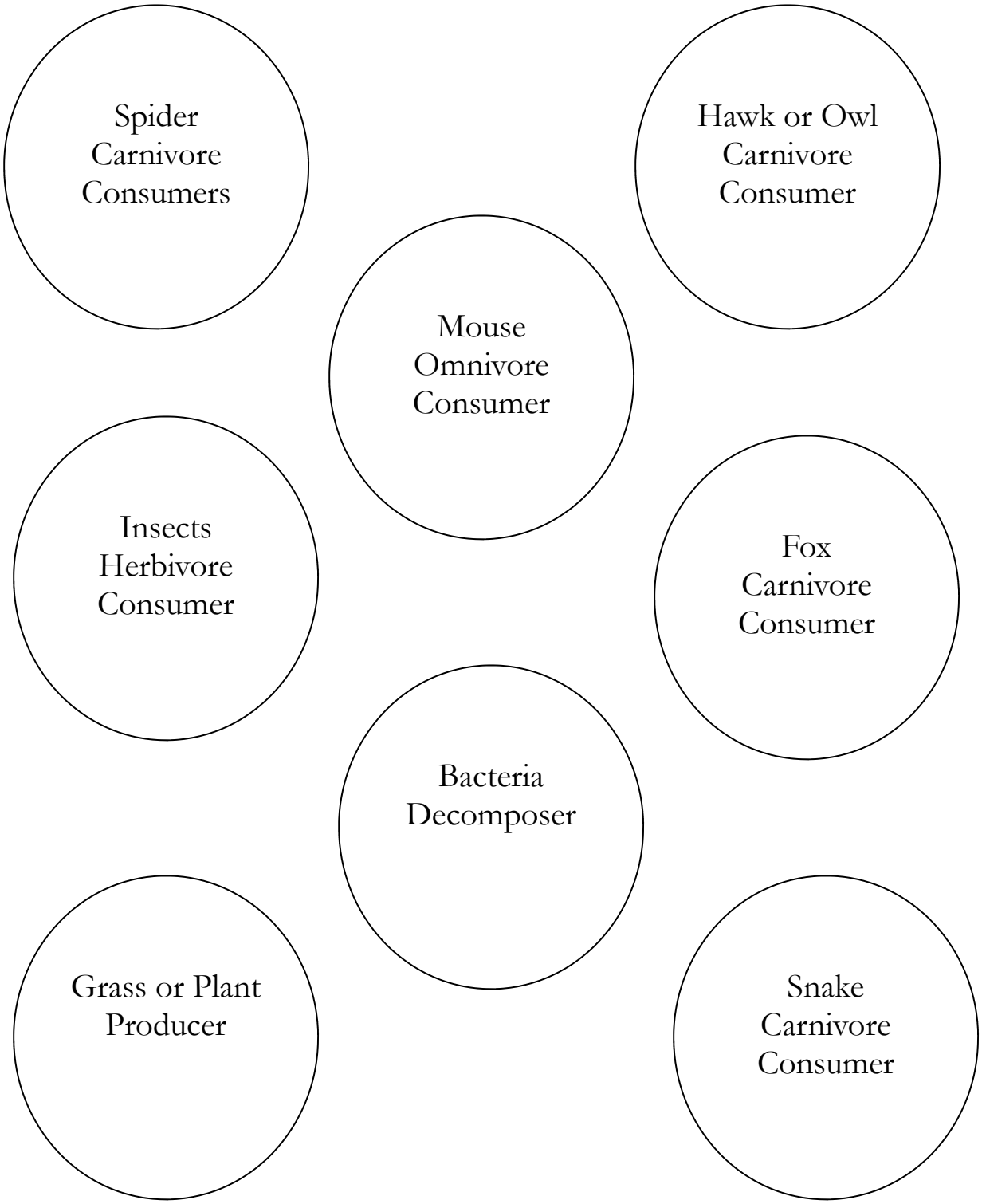
Name_____ **Today's Date**_____

Nutrition Ag Mag - Vocabulary

Food Web

Directions: Connect the animals in the food web. Be sure to think about what kind of producer or consumer they represent.



Name_____ Today's Date_____

Nutrition Ag Mag - Math
Multiplying Whole Numbers and Fractions

Directions: Choose the best answer.

1

$\frac{3}{8} \times \frac{4}{10} = \_\_\_\_\_$

A $\frac{15}{16}$

B $\frac{3}{20}$

C $\frac{7}{18}$

D $\frac{13}{12}$

2

923 x 416 = _____

A 833,698

B 833,968

C 363,968

D 383,968

3

Jackie charges $12.00 an hour to prepare food for a dinner. If she works for 6 hours, how much will she earn?

A $22.00
B $18.00
C $72.00
D $48.00

4

One serving of peanut butter crackers has 180 calories. If it takes 1 hour of walking to burn 45 calories, how many hours of walking would it take to burn off the peanut butter crackers?

A 2 hours
B 3 hours
C 4 hours
D 5 hours

Name_____ Today's Date_____

Nutrition Ag Mag - Math
Multiplying Whole Numbers and Fractions

Directions: Choose the best answer.

5

If orange juice comes in 1 quart (32 ounce) containers and I buy 5 quarts of orange juice, how many ounces of orange juice do I buy?

A 6 ounces
B 160 ounces
C 192 ounces
D none of the above

6

If a package of cookies contains 4 servings and each serving has 293 calories, how many calories are in the entire package?

A 297 calories
B 586 calories
C 1172 calories
D 1465 calories

7

$\frac{6}{7} \times 5 =$ _____

A $4\frac{2}{7}$
B $\frac{6}{35}$
C $5\frac{5}{6}$
D $\frac{30}{49}$

8

$\frac{3}{16} \times \frac{9}{2} =$ _____

A $\frac{3}{72}$
B 24
C $\frac{6}{9}$
D $\frac{27}{32}$

Nutrition Ag Mag - Reading Passage

"Food and Energy"
Taken from *Life Science* by Prentice Hall

Imagine a Thanksgiving dinner—roast turkey on a platter, delicious stuffing, and lots of vegetables—an abundance of colors and aromas. Food is an important part of many happy occasions, of times shared with friends and family. Food is also essential. Every living thing needs food to stay alive.

Food provides your body with materials for growing and for repairing tissues. Food also provides energy for everything you do—running, playing a musical instrument, reading, and even sleeping. Buy filling those needs, food enables your body to maintain homeostasis which is the body's ability to keep a steady internal state in spite of changing external conditions. Suppose, for example, that you cut your finger. Food provides both the raw material necessary to grow new skin and the energy that powers this growth.

Your body converts the foods you eat into nutrients. Nutrients are the substances in food that provide the raw materials and energy the body needs to carry out all the essential processes. There are six kinds of nutrients necessary for human health—carbohydrates, fats, proteins, vitamins, minerals, and water.

Carbohydrates, fats, and proteins all provide the body with energy. When nutrients are used by the body for energy, the amount of energy they release can be measured in units called calories. One calorie is the amount of energy needed to raise the temperature of one gram of water by one Celsius degree. Most foods contain many thousands of calories of energy. Scientists usually use the term Calorie, with a capital *C*, to measure the energy in foods. One Calorie is the same as 1,000 calories. For example, one serving of popcorn may contain 60 Calories, or 60,000 calories, of energy. The more Calories a food has, the more energy it contains.

You need to eat a certain number of Calories each day to meet your body's energy needs. This daily energy requirement depends on a person's level of physical activity. It also changes as a person grows and ages. Infants and small children grow very rapidly, so they generally have the highest energy needs. Your current growth and level of physical activity affect the number of Calories you need. The more active you are, the higher your energy needs are!

Name_____ Today's Date_____

Nutrition Ag Mag - Reading Passage

Directions: Read each question and choose the best answer.

1

Food does all of the following except _____.

A Provides your body with material for growing.
B Provides your body with energy.
C Provides your body with exercise.
D Provides your body with material for repairing tissues.

2

The substances in food that provide the raw materials and energy the body needs are called _____.

A Nutrients
B Energy
C Essentials
D None of the above.

3

The more _____ a food has, the more energy it contains.

A Fat
B Calories
C Nutrients
D Water

4

_____ is the body's ability to keep a steady internal state in spite of changing external conditions.

A Energy
B Nutrients
C Proteins
D Homeostasis

Name_____ Today's Date_____

Nutrition Ag Mag - Reading Passage

Directions: Read each question and choose the best answer.

5

The nutrients necessary for human health are _____.

A Fats
B Proteins
C Minerals
D All of the above.

6

A person's daily energy requirement depends on a person's _____.

A Nutrients
B Water intake
C Physical activity
D Food intake

7

Your current growth and level of physical activity affect the number of _____ you need.

A Vitamins
B Calories
C Minerals
D Proteins

Extended Response—NUTRITION

There are five food groups in the food guide pyramid. Discuss why it is important that a person eat the right amounts of each food group every day. Be sure to consider the benefits of each food group and your own experiences with eating.