**THE HUMAN BODY AND NUTRITION:**

Where does your body get energy from? / How does energy help your body? / What is a balanced diet? / What the food pyramid is and what is it useful for? / What are the food groups? / Why interpreting the nutrition facts label helps us choosing the right products. / Digestive system organs.

**OBJETIVOS FUNDAMENTALES**

- **Understand** the importance of different foods in our life and how to use food pyramid as a tool in order to follow a healthy diet.
- **Classify** the different foods into their group.
- **Identify** the nutrients in a product and the right amount to eat.
- **Comprehend** the main function of the digestive system and its organs.

**MATERIALES DE ESTUDIO**

- **BOOK AND NOTEBOOK**

<table>
<thead>
<tr>
<th>TEMAS</th>
<th>PÁGINAS</th>
<th>ACTIVIDADES DE REPASO/ SUGERIDAS</th>
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<tbody>
<tr>
<td>➢ Where does your body get energy from?</td>
<td></td>
<td>Review the pages notebook notes.</td>
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<tr>
<td>➢ How does energy help your body?</td>
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**EJEMPLO**

All human being needs ________ that we get from _________ and __________. We get __________ from these that help our body __________, which is called __________.
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<td>➢ What is a balanced diet?</td>
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<td>Review the worksheets in your notebook</td>
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**EJEMPLO**

*What is a balanced diet?*

What the food pyramid is and what is it useful for?

What are the food groups?

**EJEMPLO**

*What the food pyramid is and what is it useful for?*

The ____________________ is a rainbow of colored, vertical stripes representing the the 6 food groups, which are: 1. ____________ (red or pink), 2. ____________ (green), 3. ____________ (green), 4. ____________ (blue), 5. ____________ and 6 ____________ (yellow). You should have foods for every color every day.

**EJEMPLO**

*Why interpreting the nutrition facts label helps us choosing the right products.*

It is important to know how to read the ____________________ in order to know the ____________ of a product, the ____________ and the ____________ per container.

**EJEMPLO**

*Digestive system organs.*

Review the worksheets in your notebook.
### EJEMPLO

*Rectum/ nutrients/ anus / mouth / swallow / esophagus / stomach / small intestine / large intestine / chew*

When I put in my _________ my favorite food, I _________ it enough to continue its route. The food I _________ goes through a tube; it is called _________ and varies the food. It gets to my ____________ which breaks down the food. Then, to the ________________, passing ___________ to the blood. Later, in the ________________ water is removed. Then, the waste passes though the ______________ and leaves through the ______________ concluding the digestion of my food.

### OBSERVACIONES

If you have any question please feel free to ask your teacher to clear up your doubts. Do not forget your notebook and book to study at home.