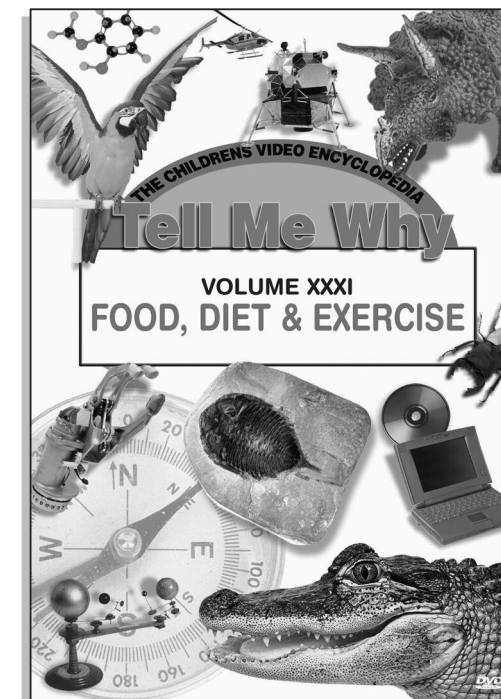


16. **JUNK FOOD** - A common term used for any food that is perceived to be unhealthy and has low or poor nutritional value.
17. **MALNUTRITION** - Is a general term for the medical condition caused by an improper or insufficient ("undernourished") diet.
18. **MONOSACCHARIDE** - The simplest form of carbohydrates. They consist of one sugar and are usually colorless, water-soluble, crystalline solids. Some monosaccharides have a sweet taste. Examples of monosaccharides include glucose (dextrose), fructose, galactose and ribose.
19. **NUTRITION** - Is a science which studies the relationship between diet and states of health and disease.
20. **NUTRITIONIST** - A person who advises people on dietary matters relating to health, well-being and optimal nutrition.
21. **OBESITY** - Is a condition where the natural energy reserve, stored in the fatty tissue of humans and mammals is increased to a point where it is thought to be a significant risk factor in certain health conditions, leading to increased mortality.
22. **STAPLE FOOD** - A basic but nutritious food that forms the basis of a traditional diet, particularly that of the poor.
23. **STARVATION** - Is a severe reduction in vitamin, nutrient, and energy intake, and is the most extreme form of malnutrition.
24. **SOYBEAN** - A hairy annual Asian plant of the legume family widely grown for its edible seeds rich in oil and proteins, as food for livestock, and for soil improvement.
25. **SPICE** - A dried seed, fruit, root, bark or vegetative substance used in nutritionally insignificant quantities as a food additive for the purpose of flavoring.
26. **VITAMIN** - An organic molecule required by a living organism in minute amounts for proper health.

THE CHILDRENS VIDEO ENCYCLOPEDIA

Tell Me Why

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VOLUME XXXI
**FOOD, DIET
& EXERCISE**

K653

SUGGESTED TEACHING STRATEGIES

1. Discuss how it is important to know how important it is to eat the right foods and a balanced diet.
2. Try and determine (with the class) what life would be like if Fast Food restaurants didn't exist and how it would affect the classes' life.
3. Compare the different types of food that exist. (Animal, vegetable, fruit).
4. Discuss how different cultures eat different types of food? Perhaps someone in the class can discuss their ethnicity and their ethnic or cultural food.
5. Research ancient cultures and what they ate. What did the Egyptian eat? The ancient Chinese? The Pilgrims? American Indians etc.
6. What is the classes' favorite food? Is it considered a junk food and why?
7. Discuss why people are gaining weight?
8. Discuss if by exercising could a person eat more?
9. Discuss the significance of science when it comes to nutrition. How is a calorie measured in food?
10. Discuss the new food pyramid in detail. (You can go online to get an explanation at www.mypyramid.gov/)
11. Discuss the importance of drinking enough water to keep a body healthy.
12. Discuss what people did to preserve meat before refrigerators. (Salt to cure).

• • • • CONCEPTS AND TERMS • • • • TO LISTEN AND WATCH FOR:

JUNK FOOD	VITAMINS	AMINO ACIDS
EMPTY CALORIES	MINERALS	HUMAN DNA
OBESITY	HYDRATION	GENETICS
DIETS	DIGESTION	SCREEN TIME
PLANTS	FASTING	METABOLIC
FRUITS	TASTE	EQUILIBRIUM
VEGETABLES	EXERCISE	SMELL
PROTEIN	CALORIES	TASTE
CARBOHYDRATES	FOOD PYRAMID	
SUGARS	FAT	

QUESTIONS FOR THOUGHT, DISCUSSION, AND FURTHER STUDY

1. What is the purpose to study food and nutrition?
2. What is the purpose of the government's food pyramid?
3. What would happen if you didn't drink water?
4. Can you name some of the food that are used in everyday that come from plants?
5. Why do we drink sugar water?
6. Can you name some famous scientist that discovered a breakthrough for milk? (Louis Pasteur)
7. What does a nutritionist do?
8. What is the number one exercise in the world? (Walking)
9. Why are calories important?
10. Could we live on bread and water?
11. How do they make cereal?
12. What is an exercise physiologist?
13. Can you name the food groups?
14. Does your body need fat?
15. Why do we like junk food?

• • • CAREER OPPORTUNITIES • • •
You must have good communication skills to be successful in all occupations.

AGRONOMIST	FARMER
BAKER	FISHERMAN
BIOLOGIST	NUTRITIONIST
BOTANIST	RANCHER
CHEF	RESEARCH SCIENTIST
CHEMIST	RESTAURANT OWNER
COACH	SUPER MARKET MANAGER
DIETICIAN	TRUCK DRIVER
EXERCISE INSTRUCTOR	

GLOSSARY

1. AGRONOMY - Is a branch of agricultural science that deals with the study of crops and the soils in which they grow.
2. AMINO ACID - Is a building block for an organism that cannot be synthesized by the organism from other available resources, and therefore must be supplied as part of its diet.
3. ANOREXIA NERVOSA - Is an eating disorder characterized by voluntary starvation and exercise stress.
4. AEROBIC EXERCISE - Any type of exercise typically performed at moderate levels of intensity for extended periods of time, which increases the heart rate.
5. BOTANY - The study of plant life.
6. BREAD - A staple food which is prepared by baking, steaming, or frying dough.
7. CALORIE - A calorie is a unit of measurement for energy. In most fields, it has been replaced by the joule, a unit of energy. However, it remains in common use for the amount of energy obtained from food.
8. CARBOHYDRATES - Chemical compounds that contain oxygen, hydrogen and carbon atoms. They consist of monosaccharide sugars.
9. CUISINE - A specific set of cooking traditions and practices, often associated with a place of origin.
10. DIABETES - Is a medical disorder characterized by varying or persistent hyperglycemia (high blood sugar levels) resulting from the defective secretion or action of the hormone insulin.
11. DIET (NUTRITION) - The sum of the food consumed by an animal or other organism.
12. DIETARY MINERALS - Are the chemical elements required by living organisms, other than the four elements Carbon, Hydrogen, Nitrogen and Oxygen.
13. DIETING - The deliberate selection of food to control body weight or nutrient intake.
14. FOOD - Is any substance that can be consumed. Food is the main source of energy and of nutrition for animals, and is usually of animal or plant origin.
15. FOOD ADDITIVES - Substances added to food to preserve flavor or improve its taste and appearance.