**AOW 8: Matter and Energy: The foods we need to keep our bodies in tip-top shape!**

By Encyclopaedia Britannica, adapted by Newsela staff on 05.03.17

Level **350L**



Fruit and vegetables at a farmers market in Dallas, Texas. These foods are a good source of nutrients like vitamins and

minerals. Photo by: Travis Isaacs.

Plants and people are different in what they eat! Plants do not need to eat. They make their own food. They do this with help from the sun. People and other animals cannot do this. They need to eat. It is the only way their bodies can live and **nurture**. There are many foods that people can eat. They can eat plants, like spinach or corn. Or, they can eat other animals. Chicken and beef come from animals. Some food choices are good for you and help you keep your body in good shape.

**Eat Healthy, Get An Energy Boost!**

Food gives your body energy. If you are tired from running and playing, you can eat something healthy. It will give you an energy **boost**. The energy in food is **measured** in calories. These are like **invisible** bits of energy. Your body burns them to make energy. Some people are very **active.** They move around all the time. Sports stars are one example. These people need more calories.

**Nutrients Help The Body Do Its Job**

Foods gives us **nutrients**. These are very important. Nutrients help the body do its job. Protein is one nutrient. It helps the body grow. You can get it by eating animals like meat or fish. You can also get it from many plants. Beans and nuts have lots of protein. Carbohydrates are another nutrient. They give us a lot of energy. Rice and bread are two examples

***Instructions***

**Day One (Monday):** Watch the video and discuss. Then, read the article, find the meanings of the underlined words and circle the clues.

**Day Two (Tuesday):1-** Re-read the article. **2-** Highlight the main idea in yellow. **3-*Box and summarize*** the 3 paragraphs.

**Day Three (Wednesday):** Underline in RED different foods in the article. ***Classify*** the foods into countable and uncountable nouns.

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| --- | --- |
| **Countable** | **Uncountable** |
|  |  |

**Day Four (Thursday):** Answer the following questions:

1-What is the main idea of the article?

1. Plants and people are different in what they eat
2. Some food choices are good for you and help you keep your body in good shape.
3. Foods gives us nutrients.
4. There are many foods that people can eat.

2- What is the MAIN IDEA of the section "Eat Healthy, Get An Energy Boost!"?

1. to describe how many calories sports stars need
2. to tell kids to be active and move around to get energy
3. to explain how calories work in the body
4. to sort different foods based on how many calories they have

3- How do healthy foods help our bodies?

1. Food gives our body energy and nutrients
2. Food helps us grow faster
3. Food helps us get more calories
4. Food keeps our body in good shape

**Day Five (Friday):** What are some reasons people should eat healthy foods? Name some foods that you like to eat.

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