

# Help! You're the Doctor

Name \_\_\_\_\_

## Directions

Read the following paragraphs and complete the exercises.

1. Members of the Lee family have been told by a doctor that they should eat more foods that contain lots of vitamins and minerals. The family eats a lot of foods from the grain, dairy, and protein food groups. Popular family dinners are spaghetti with meatballs, Italian bread, and chocolate milk as well as steak, mashed potatoes, and white rolls. The family members need a greater variety of foods in their daily diet.  
List some foods that would help the Lee family improve its diet. List five foods that contain lots of vitamins and minerals.

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2. James, a fifth-grade student, eats toast for breakfast and a roast beef sandwich for lunch. He eats an apple or orange each day, and he always has one type of vegetable for his evening meal along with chicken or fish. He goes to the park or beach with his family on weekends, but during the week his only exercise is walking 150 yards (137 m) from his home to his school.  
Which food group (or groups) is/are missing from James's diet? Why is this food group (or these food groups) important? What else could James do to improve his health? (Use the Eat Well & Keep Moving Fortune Teller for ideas.)

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3. Maria plays basketball for two hours each afternoon at the school gym. Recently, she noticed that she has no energy after the first hour, which is something that never used

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

to happen. She has been watching a lot of television and staying up late at night, and she wakes up at 6:00 each morning to go to school. Sometimes she skips breakfast because she has slept through her alarm.

List two reasons Maria may not have enough energy. How can she improve her energy level?

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Name the food groups that give us energy for action sports.

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