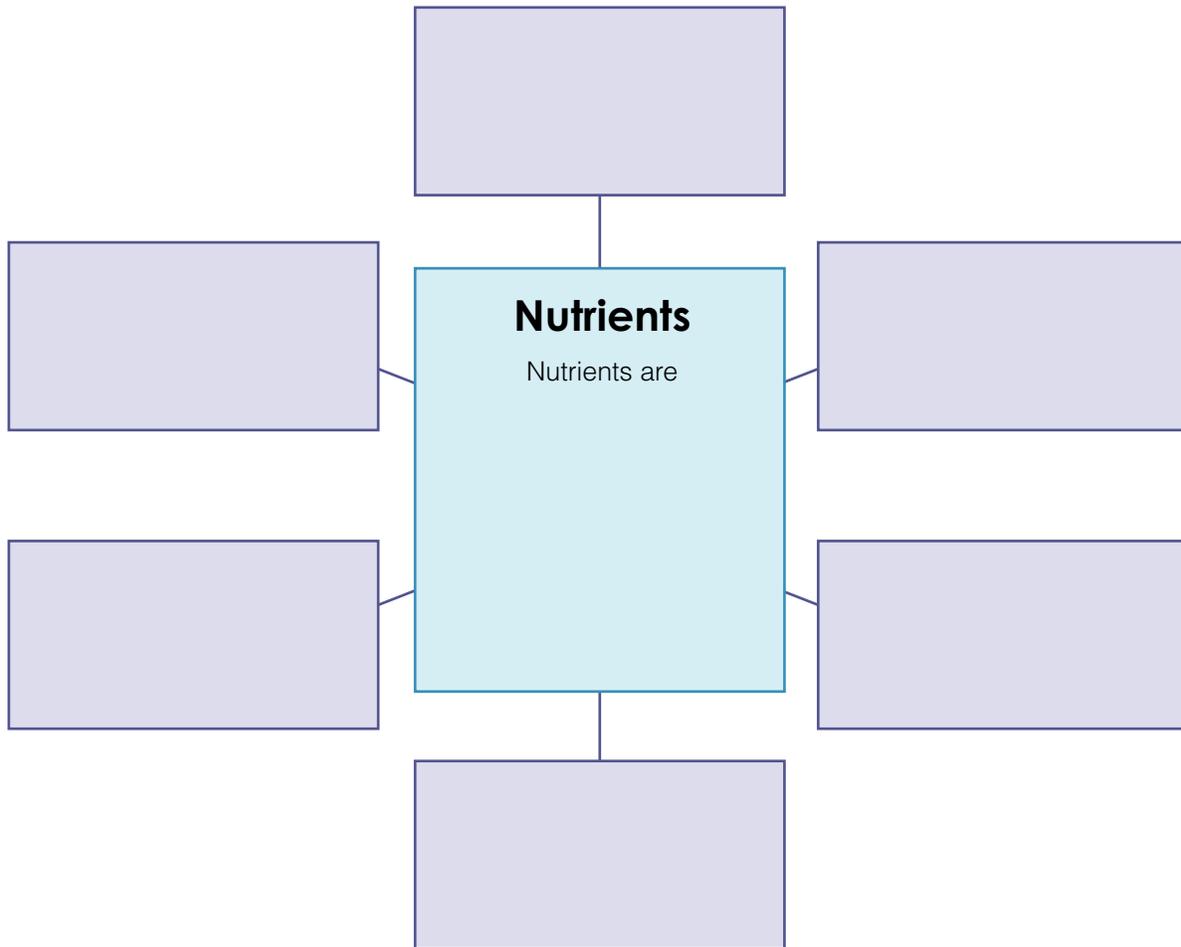


Energy Nutrients and Foods

1. Write the name of one nutrient in each box. Write down at least two notes in each box that will help you remember the nutrient and the foods that contain it.



2. What is a calorie? _____

What do calories do for our body? _____

3. What is fiber? _____

What does fiber do for our body? _____

Water and Other Beverages

4. You should drink _____ to _____ cups of water each day.
5. Water is important to health and well-being. What are the benefits of drinking water each day? Write one benefit in each of the following boxes.

Drinks High in Sugar and Analyzing Energy Drinks

6. Energy drinks and high-sugar drinks may be bad for your health. Identify the dangers of each type of drink in the following boxes.

High-sugar drinks	Energy drinks