

NUTRITION AMBITION

TABLE OF CONTENTS

About the Authors.....	3	
Chapter 1 The Human Body.....		8
Activities for the Human Body.....	11	
Vocabulary.....	11	
Language Arts.....	11	
Math.....	12	
Science.....	13	
Parent Connection.....	14	
My Family's Goals.....	16	
My Personal Goals.....	16	
Chapter 2 Food Groups.....		17
Activities for Food Groups.....	22	
Vocabulary.....	22	
Language Arts.....	22	
Math.....	24	
Parent Connection.....	28	
My Family's Goals.....	29	
My Personal Goals.....	29	
Chapter 3 Nutrients.....		30
Activities for Nutrients.....	32	
Vocabulary.....	32	
Language Arts.....	32	
Math.....	33	
Science.....	33	
Parent Connection.....	34	
My Family's Goals.....	36	
My Personal Goals.....	36	
Chapter 4 Junk Food.....		37
Activities for Junk Food.....	41	
Vocabulary.....	41	
Language Arts.....	41	
Math.....	45	
Parent Connection.....	46	
My Family's Goals.....	47	
My Personal Goals.....	47	

NUTRITION AMBITION

TABLE OF CONTENTS

Chapter 5 Water and Oxygen.....	48
Activities for Water and Oxygen.....	50
Vocabulary.....	50
Language Arts.....	50
Science.....	53
Math.....	54
Parent Connection.....	55
My Family's Goals.....	56
My Personal Goals.....	56
Chapter 6 Metabolism.....	57
Activities for Metabolism.....	59
Vocabulary.....	59
Language Arts.....	59
Math.....	61
Parent Connection.....	62
My Family's Goals.....	64
My Personal Goals.....	64
Chapter 7 Exercise.....	65
Activities for Exercise.....	66
Vocabulary.....	66
Language Arts.....	66
Math.....	68
Parent Connection.....	69
My Family's Goals.....	71
My Personal Goals.....	71
Chapter 8 Sleep and Relaxation.....	72
Activities For Sleep.....	75
Vocabulary.....	75
Language Arts.....	75
Math.....	76
Writing.....	78
Science.....	80
Parent Connection.....	81
My Family's Goals.....	83
My Personal Goals.....	83

NUTRITION AMBITION

TABLE OF CONTENTS

Chapter 9 Feelings.....	84
Activities for Feelings.....	87
Vocabulary.....	87
Language Arts.....	87
Math.....	89
Social Studies.....	92
Science.....	93
Parent Connection.....	95
My Family's Goals.....	96
My Personal Goals.....	96
Glossary.....	97
Answer Keys.....	100
Chapter Tests.....	109
Chapter Tests Answers.....	118

