

Name _____ Period _____ Assign # _____

Our bodies need a daily supply of many different nutrients to stay healthy. We get these nutrients by eating a variety of foods. Name the nutrients contained in food:

- | | |
|-------------------------|--------------------|
| 1. <u>Vitamins</u> | 4. <u>Proteins</u> |
| 2. <u>Minerals</u> | 5. <u>Fats</u> |
| 3. <u>Carbohydrates</u> | 6. <u>Water</u> |

Many foods contain a substance called fiber. It is also called roughage. Fiber is found in whole grains, vegetables, legumes, and fruits. It is not found in meat, milk, eggs, cheese, or fats. Nuts and seeds are also a source of fiber.

7. Fiber is sometimes called roughage (cellulose)

Name five food sources of fiber:

8. Grain products - cereals, whole wheat breads, pastas, etc.
9. Fruits
10. Vegetables
11. Legumes - beans, lentils
12. Nuts and seeds

Our bodies cannot digest or absorb fiber. It is called a non-nutrient. In the small and large intestine fiber attracts water just like a dry sponge soaks up water. When fiber acts like a sponge the amount of material in the intestine is increased. Therefore, fiber creates bulk in the diet.

13. Fiber is called a non-nutrient because it is not digested or absorbed by the body.
14. In the small intestine fiber attracts water which increases bulk. The soft bulky mixture of fiber and water help move food through the intestines. Low fiber diets do not attract water.

15. Without the presence of fiber in the small intestine, the digested food mixture became solid, hard, or stale (constipation can occur) or clogged, too soft, (diarrhea can occur) colon cancer, heart problems, diverticulosis).

16. The largest contributors of fiber to our diet are whole grains, vegetables, fruits.
Name the two sections of the wheat kernel that are high in fiber:

17. Bran
18. Germ contains small amounts

19. White flour is made from what part of the wheat kernel?
endosperm

20. Whole wheat flour is made from what part of the wheat kernel?
whole kernel grain - bran, germ, endosperm

Whole grain kernel

