

Study Sheet for Health Test 2

The health test will be on Thursday January 6, 2011. The test will cover Chapter 3 from our health book.

Things to know include:

1. Carbohydrates are foods with sugar and starch in them.
2. Citrus fruits are oranges, grapefruits, lemons, and limes.
3. The digestive system changes food into a form the body can use.
4. Energy is the ability to do work.
5. The body's energy comes from food.
6. Nutrients are substances found in food that help your body grow and develop.
7. Minerals are nutrients from the soil that are found in foods.

Five types of nutrients

1. protein
2. vitamins
3. minerals
4. carbohydrates
5. oils

Safety rules

1. You should always walk on a sidewalk if there is one.
2. Never take a ride from a stranger.
3. You should walk on the left-hand side of the street when there is no sidewalk.
4. You should cross a street at the intersection or cross walk.
5. Whenever you are out after dark, you should wear light-colored clothing.

Vitamins

1. Vitamin A comes from plants and animals
2. There are eight (8) different B vitamins working together
3. Vitamin C comes from citrus fruits
4. Vitamin D comes from sunshine
5. Vitamin E is used when you eat more fats and oils then you should
6. Vitamin K helps blood clot properly

Rules to obey when crossing a street

1. Cross a busy street only at an intersection or crosswalk
2. Look in all directions before crossing a street without a traffic light.
3. Wait until the traffic light turns green or reads walk.
4. Do not cross from between parked cars.

The five parts of the digestive system and where they are located in the body

1. mouth
2. esophagus
3. stomach
4. large intestine
5. small intestine

