

IV. Lesson 4 (pp. 147-50)

A. Vitamins, Minerals, and Water

1. Vitamins A, D, E, and K are easily _____ in the body.
2. Different foods contain different vitamins, so you should eat a wide _____ of foods every day.
3. Substances that are formed in the _____ are called minerals.
4. _____ and iron are needed for growth.
5. The blood pressure of a person who has _____ blood pressure and who gets too much sodium may become worse.
6. Each day, drink at least _____ glasses of water.

V. Lesson 5 (pp. 151-54)

A. Dietary Guidelines

1. The Food Guide _____ helps people decide how much and what to eat.
2. The _____ of a serving depends on how many nutrients and calories the particular food has.
3. Children and teenagers have different _____ needs.
4. Boys usually need more calories than girls; girls who are _____ need more iron than boys.