**NUTRIENTS**

**5 Facts from Bill Nye**

**1.**

**2.**

**3.**

**4.**

**5.**

**Notes:**

* **Humans require six nutrients to survive and thrive**
* The six groups are

**-**

**-**

**-**

**-**

**-**

**-**

**How do we get them?**

* **All nutrients that the human needs can be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** A wide variety of healthy food from all of the nutrient groups provides all the necessary nutrients.
* **Nutrients help our bodies in three ways**:
	+ - * **-**
			* **-**
			* **-**

**A Closer Look**

* **Build and repair body tissue**: Cells in our bodies are constantly splitting during times of GROWTH and REPAIR. Eating right ensures that a person reaches their optimal physical size, strength, and has overall good health.
	+ - * Prenatal, infancy, and adolescence are the greatest times of growth!!!
* **Regulate all body processes\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** maintain the overall system: circulation, urination, bowel movements, digestion, absorption, etc.
* **Provide Energy:** Nutrients are the FUEL that make us GO. If you do not eat food, you have no energy**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Water**

* **Water is essential at every stage of growth and development**
* **In our bodies, we rely on water to help with**
	+ - **Digestion, Absorption, Transporting, Metabolizing, Excreting**
* **Our bodies are composed of 60-70% of water.**
* **A person can only live \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Water is consumed mainly from fluids but also from much of the food we consume.**
	+ - **Fruits and Vegetables are composed of 70-95% water**
		- **Whole Milk is 80% water**
		- **Meats are about 70% water**

**Vitamins**

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Vitamins are only needed in TINY amounts but help regulate our body processes: metabolism, energy production, tissue maintenance, digestion, and infection resistance.**
* **Vitamins \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_so they give us no “energy” BUT the body needs vitamins for the chemical reactions involved in releasing energy from other nutrients**
* **There are 13 known vitamins today (A, C, D, E, K, and B (more than one)).**
* **There are two categories of vitamins:**
	+ - * **Fat Soluble—dissolve in fatty material; stored by body**
			* **Water-Soluble**

**Minerals**

****