**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date:** \_\_\_\_\_\_\_\_ **Class:** \_\_\_\_\_\_

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|  | **NUTRITION ANTICIPATION GUIDE** |  |
| **T F** | 1. **waterWater** is an essential fluid for life.
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| **T F** | 1. Bananas are an excellent source of Vitamin C. AA026360
 |
| **T F** | 1. **Calories** are the measure of energy supplied by the food we eat. AA026337
 |
| **T F** | 1. Each food group is essential because it provides its own set of nutrients. FD004737
 |
| **T F** |  **5.** **Carbohydrates** is a nutrient that provides our main source of energy (4 calories per gram) to our muscles and our brains. Macintosh HD:Applications:Microsoft Office 2011:Office:Media:Clipart: Food & Dining.localized:AA042190.png |
| **T F** | **6.** Macintosh HD:Applications:Microsoft Office 2011:Office:Media:Clipart: Food & Dining.localized:AA026250.pngThe 4 food groups are: Grain Products, Vegetables and Fruit, Milk Products, Meat and Alternatives. Macintosh HD:Applications:Microsoft Office 2011:Office:Media:Clipart: Food & Dining.localized:AA026350.png |
| **T F** |  **7.** All fluid milk contains more vitamins A than vitamins D. Macintosh HD:Users:natashalafreniere:Desktop:milk - Search-results Search_files:milk.jpg |
| **T F** | **8.** Some red meats contain twice as much iron as chicken or fish. |
| **T F** |  **9.** **Vitamins** are nutrients needed by the body in very large amounts. Macintosh HD:Applications:Microsoft Office 2011:Office:Media:Clipart: Food & Dining.localized:skd188086sdc.png |
| **T F** | **10.** The amount of food you need every day depends on your shoe size, the number of siblings in your family and if you have pets.  |

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|  | **NUTRITION ANTICIPATION GUIDE – ANSWERS!** |  |
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