

MADLIB MONDAY

PIZZA



PIZZA

Pizza was invented by a _____ (gender)
_____ (adjective) _____ (nationality)

chef named _____ (famous person)
_____ (person). To make a pizza, you need

to take a lump of _____ (grain)
_____ crust, and make a thin, round

_____ (adjective) _____ (noun).

Then you cover it with
_____ (flavor) _____ sauce, _____ (adjective) cheese, and fresh

chopped _____ (vegetables)
_____ (plural noun). Next you have to bake it in a very

hot _____ (noun). When it is done, cut it into _____ (number)

_____ (shapes). Some kids like _____ (protein) pizza the
_____ (food)

best, but my favorite is the _____ (fruit) pizza. If I could, I
_____ (food)

would eat pizza _____ (number) times a day!



Read
pages
104-113



WORD BANK

a) CALORIE b) CARBOHYDRATES c) CHOLESTEROL d) FATS
e) FIBER f) MINERALS g) NUTRIENTS h) DIGESTION i) PROTEINS j) VITAMINS

Directions: Match up the letter (term) with the definition writing the **letter** on the line.
Use pages 104-112.

1. _____ are nutrients that promote normal growth, give energy, and keep your skin healthy.
2. _____ are substances the body uses to form healthy bones and teeth, keep blood healthy, and keep the heart and other organs working properly (sodium, phosphorus, iron).
3. Your body needs _____, the nutrient used to build and repair cells.
4. _____ is a nutrient that can be fat-soluble or water-soluble.
5. A _____ is a unit of heat that measures the energy available in foods.
6. You probably have heard of _____, the waxy, fat-like substance that builds in cells.
7. _____ are the main source of energy (starches and sugars found in food).
8. _____ is the process in which your body breaks down food into usable pieces.
9. _____ is a carbohydrate that the body cannot break down or use for energy.
10. _____ are substances in foods that your body needs to grow, have energy, and stay healthy.

Nutrition Word Scramble

Directions: Unscramble the vocabulary term based on the letters given and the definition provided. Use pages 104-112.

TERM DEFINITION ANSWER

1. S A F T promotes normal growth and give energy 1. _____
2. I N M E A L S R help with bones and teeth (ex. iron) 2. _____
3. P O R T I E N S build and repair cells 3. _____
4. T A I V M I S N are fat-soluble or water-soluble 4. _____
5. C O L E A I R unit of energy available in foods 5. _____
6. S T O L E E R O L C H waxy substance that builds in cells 6. _____
7. R E A C H B O Y D R A T S main source of energy (starches and sugars) 7. _____
8. T S D I E I N O G your body breaks down food into usable pieces 8. _____
9. I B E F F R carbohydrate in food that can't be digested 9. _____
10. E N R I T S N U T substances in food your body needs to grow 10. _____