Montessori Learning Board for Grade 5

	Learning Board for days 5/26, 5/27, 5/28, 5/29 - each row is a day					
	Reading	Writing/Language	Math & Geometry	Science and Social Studies	MAPEL	
M A Y 26	Reading Skills This week, May 26 -29, you will be using a chapter book that you can choose yourself. You will use the same book each day. You will need to follow the directions in each document. You will be answering questions about your story on each day 1. Open the link below 2. follow the directions given 3. share with your teacher when you are done May 26 Reading Skills	Wisconsin Trip Writing Activity **Read all directions before you start writing** 1. Open Wisconsin Trip 2. Make a copy of the Slides and rename with your_name: Wisconsin Trip 3 Read through the directions on Slide 1 4. Watch selected Discover Wisconsin videos from Social Studies assignment 5. Begin slide 2 Brainstorming **You will need to do your Social Studies Assignment before doing your writing. After watching the Discover Wisconsin Videos from the Social studies assignments begin planning your writing Complete: Tuesday - Brainstorming Slide Then submit to your teacher	This last week will be a final assessment of some of the skills we have worked on. We will use previous weeks' work and these assignments to assess your understanding of the skills that will be on your report card. Assignment #1: IXL math Money 5th grade 5.S.2 Assignment #2: IXL math Money 5th grade 5.S.5	each. These will give you some ideas of places to visit in Wisconsin. You do not have to use these places if you don't want to. Discover Wisconsin: Wisconsin's State Parks Discover Wisconsin: Back to Nature	This week will be used for catching up on any assignments that you might have missed. The link below has all MAPEL assignments for you to click on	
			IXL Smartscore: 80 for 4th grade 90 for 5/6th grade	Wisconsin's Military Tributes Destination Dairy		
M A Y 27	Reading Skills 1. Open the following link, 2. follow the directions given, 3. then share with your teacher May 27 Reading Skills	Wisconsin Trip Complete: Wednesday - Draft And Submit to your teacher	Assignment #1: IXL math Coordinate graph 5th grade 5.U.3 5.U.4 Assignment #2: IXL math Coordinate graph 5th grade 5.U.5 5.U.6 IXL Smartscore: 80 for 4th grade 90 for 5/6th grade	Discover Wisconsin videos for writing Choose 1 or 2 to watch. They are about 20 minutes each. These will give you some ideas of places to visit in Wisconsin. You do not have to use these places if you do not want to.	MAPEL Assignment Links All PE assignments can be shared with Mrs. Marshall by email or google drive.	

M A Y 28	Reading Skills 1. Open the following link, 2. follow the directions given, 3. then share with your teacher May 28 Reading Skills	Wisconsin Trip Complete: Thursday-Revising and Editing And Submit to your teacher	Assignment #1: IXL math Time 5th grade 5.Y.2 Assignment #2: IXL math Time 5th grade 5.Y.7 IXL Smartscore: 80 for 4th grade 90 for 5/6th grade	Mississippi River Towns - Choose Your Adventure Oneida Nation Green Bay: The Football City This is a 10 question Acids and bases quiz Make a copy. Don't forget to add your name. Send back to the teacher when done.	Submit Art assignments to Artsonia, or email to dgeiwitz@spart an.org
M A Y 29	Reading Skills 1. Open the following link, 2. follow the directions given, 3. then share with your teacher Friday May 29	Wisconsin Trip Complete: Friday - Final Draft And Submit to your teacher	Use the Metric Conversion Guide for review Use the Customary Conversion Guide for review Assignment #1: IXL math Measurement 5th grade 5.Z.5 Assignment #2: IXL math Measurement 5th grade 5.Z.16 IXL Smartscore: 80 for 4th grade 90 for 5/6th grade	Plan one nutritious breakfast, lunch, or dinner meal that includes all things needed for a healthy diet. Plan a meal activity This is a review and assessment of the 6 nutrients we did in April. Directions are on the slide. The review is first and the assignment is at the end. Make a copy, add your name, and send back when complete.	MUSIC All Assignments (8 total from Music Activity Calendar) and Quiz 1and2 OR Quizlet 1 and 2 can be E Mailed to mbarribeau@ spartan.org

June 1 - June 4

• The work on the June 1- 4 Bingo Board does not need to be submitted to your teacher. Enjoy these additional activities throughout the week as you are transitioning into summer.

* Bingo Board *

	T			1
В	I	N	G	Ο
Balance Quest	Write a haiku about riding a bike.	Gather all your dirty clothes, and with parent permission, wash, dry, and fold your own clothes.	Find a picture book and read it out loud to a younger sibling, pet or stuffed animal.	Plan and execute a new way to organize your room. Clean out things that you don't need anymore.
Research a favorite bird that migrates to Wisconsin in the warm months. Find out where it migrates to in the winter and draw a picture.	Write and mail a letter to friend	Volley Quest	Write an acrostic poem about a summer topic.	Write a wish list of things you would like to do over the summer with your family.
Plan a meal together, get the groceries, and make the meal. Enjoy!	Find a book to read that is from a genre that you don't typically read. Plan to read that over the summer.	With parent permission, clean the bathroom - tub, shower, sink, toilet, floor	Find a location in Wisconsin you would like to visit find an map and write out hte directions that you would map out a route on how to get there	Catching Quest
After that great meal you planned and ate, ask your parents if you can wash the dishes. Or do it anytime your parents need help!	Throwing Quest	On a hot summer day and with parent permission, wash your parent's car for them so they have something clean and shiny to drive to work!	Summer Activity Options	Help your parents with yard work such as mowing the yard, weeding the garden, or raking/blowing leaves.

4-5 AT-HOME VOLLEY

Use a rolled-up sock, ball, stuffed animal, anything you have! X = how many times to do it.



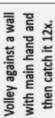












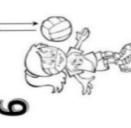
Volley object up with the off hand and then catch it 12x.

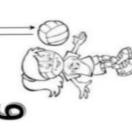
Volley object up with

the main hand and

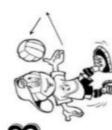
then catch it 12x.











the off hand, keeping Volley the object with it in the air 5x.

the main hand, keeping Volley the object with

Volley against a wall

with off hand and

then catch it 12x.

it in the air 5x.





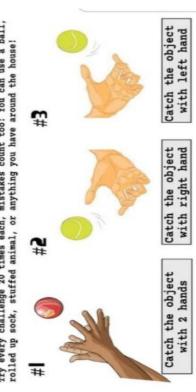
hands, keeping it in the air 5x. Volley the object using both

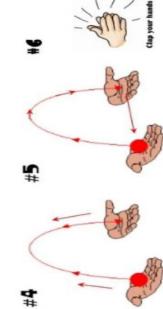
Volley the object against a wall using both hands, keeping it in the air 5x.

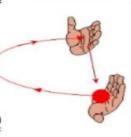
Hold each position for 15 seconds, then switch legs.

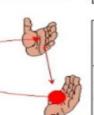


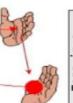
Try every challenge 20 times each, mistakes count too! You can use a ball, rolled up sock, stuffed animal, or anything you have around the house!













Toss, clap & catch circle pattern

Toss back and forth between both hands

with 2 hands



#

#

behind your back Toss and catch

Toss, clap & catch with left hand

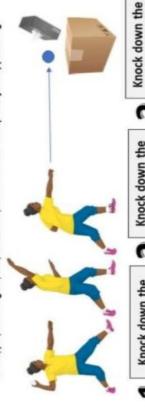
Toss, clap & catch with right hand

Clap your hands

Clap your hands

By: Mike Ginicola @PhysEdDepo

need! The target can be anything that you're allowed to knock over, like a box, tissue, roll of paper Throw a ball, rolled-up sock, stuffed toy, tin foil, crumpled paper! X = how many knockdowns you towels, pin, action figure, doll, cardboard, etc. Remember to step with your opposite legi



from 4 steps back. target 5x with an Knock down the underhand toss

from 6 steps back. target 5x with an Knock down the underhand toss

target 5x with an

from 8 steps back. underhand toss

Knock down the target 5x with an

Knock down the

9

from 8 steps back. target 5x with an overhand throw

from 6 steps back.

from 10 steps back.

target 5x with an

overhand throw

Knock down the

overhand throw

9

down the target

5x with an

throw from 10

steps back.

Using your other

Knock down the

hand, knock

 ∞

target 5x with an overhand

from 6 steps back. Using your other overhand throw down the target hand, knock 5x with an

from 4 steps back.

overhand throw

from 8 steps back. overhand throw Using your other down the target hand, knock 5x with an

with an overhand Knock down 2 throw from 6 targets at the same time 3x steps back.

Knock down 2 targets at the

with an overhand throw from 8 same time 3x steps back.

Music Activities for 4th and 5th Grade

Monday	Tuesday	Wednesday	Thursday	Friday
Music Ed Worksheets https://www.educ ation.com/worksh eets/?q=music	Play Piano https://www.online pianist.com/virtual -piano	Teach someone the Solfege Scale Do Re Mi Fa Sol La Ti Do	Find 2 bowls w. Lids for drums. Write 2 measures of rhythms in 4/4 for each drum. Play at the same time.	Write a silly song and perform it for your family
Practice warm ups lips the teeth. sing ee sing eh sing ah. Pah Pah's	Draw what you hear https://www.youtube.com/watch?v=uWYmUZTYE78	Dance to the music https://www.youtube.com/watch?v=hWTe3C_RoDo	Make a One Pager with all the music words and symbols you remember	Music Show #1 https://www.youtu be.com/watch?v= 0kaX2l413p8&t=1 2s
Music Show #2 https://www.youtu be.com/watch?v= RYsGINpx2YI	Music Show #3 https://www.youtu be.com/watch?v= vo-PBf_WH54	Music Show #4 https://www.youtu be.com/watch?v= xCqpi5Ekwiw	Music Show #5 https://www.youtu be.com/watch?v=f TyD2pfAsal&t=1s	Record yourself singing or playing a song. Send it to a grandparent.
Look out the window and write a song about what you see	Try this fun vocal warm up https://www.youtube.com/watch?v=K5ibRYDBFTw	Write and sing a tune to your favorite Nursery Rhyme	Create a Stomp Video using household items https://www.youtube.com/watch?v= US7c9ASVfNc	Make a list of piano (soft) sounds that you hear today
Write a Christmas, Halloween or Easter Song	Make a list of forte (loud) sounds that you hear today	Ask your parents the name of their favorite songs were when they were your agelisten to a couple	Reach out to extended family members and make a list of all the instruments your family has played	Listen-choose your favorite decade and write a one pager telling why it is the best. https://www.youtu be.com/watch?v=I ExW80sXsHs
Write music notes on the sidewalk using sidewalk chalk	Make your own instrument https://www.youtube.com/watch?v=7sUNXA4NYKI	Write a rap about your favorite animal, family member, food or any theme.	Journal: This is what Music means to me. Write down your favorite songs and instruments	Listen to Beethoven's Fur Elise https://www.youtu be.com/watch?v= wfF0zHeU3Zs

Art Learning Board

Take time to create a little Art! Complete as many of these as you would like over our extended break. Have fun, experiment and try some new things! Expand your skills and knowledge. :)

When you finish a section, take a photo of your work using your ipad and upload it to your Artsonia page under the heading "Art Created at home". I can't wait to see your creations!

Please email me if you have problems logging in to your account. dgeiwitz@spartan.org

Artsonia.com Meadowview Intermediate Our access code is: TRXK-RDFF

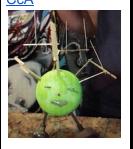
Look through old magazines or even junk mail. Use them to create a **collage**. (This is similar to an Art work we did this year.) Create your own unique collage. Check out this video on the process.

https://bit.ly/2y7Mp



Research "Found Object Sculpture". Gather objects from around your home or yard and make a piece of Art.

Check out Bernard Williams found object sculptures. https://bit.ly/3anz



Draw someone or something in your house from observation. (It can be you!) Create a fun background that tells a story. *You can write about it if you wish. :) This video is from fellow Art teacher Nicole Hahn.

https://bit.ly/2Uha 9vr



Go on a walk around your neighborhood. Gather some found objects (rocks, sticks, leaves, etc.) and make some Art with it. Check out Andv Goldworthy's Art https://bit.lv/3dsb

F_m7





Practice your drawing skills by practicing your pencil hold and shading. Check out this video and others by Paul Priestley https://bit.ly/39ldq

Brandon (Artismia) https://bit.ly/2Ux3 <u>E6Y</u>



Create a heart using supplies you have and hang it in your window. People can see your creation while on a walk! This idea started in Canada. #happyhearthunt https://bit.ly/2JcfRbJ

Go on a virtual field trip on the site Tate Kids. Find out something new about an Artist you may not know anything about. Create some Art

Create a positive word using graffiti style lettering. Check out this video by fellow Artsonia teacher Rebecca Speech. https://bit.ly/3bvS Tst

Go on a virtual field trip to The Metropolitan Museum of Art in New York City. It is huge! I had a great time visiting this museum when I was in New York.

Check out this video of **fun** things to draw by tracing your hand and folding paper.



in that Artist's style.

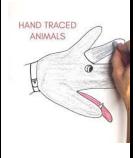
https://bit.ly/2y1J Pad





https://bit.ly/33Hu HjS





https://bit.ly/2UU 8k71

Research the Artist Alexander Calder. Create a mobile in his style from any materials you would like.

https://bit.ly/34Or5NN or





Create a weaving using paper. It can be any kind of paper-magazines, wrapping paper, construction paper...be creative! https://bit.ly/34Qg 3rf or





Research
Origami. Find a fold that you would like to create and fold several examples. Put them together to create a sculpture.

https://bit.ly/2KmGL v8 or





Create a
Japanese
Kumihimo
braided bracelet.
You will need a
paperboard circle,
scissors, pencil
and yarn or
embroidery floss.
https://bit.ly/2zflRi
9 or



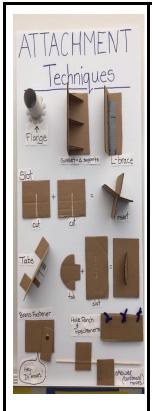


Make some homemade clay and create something fun! There are lots of recipes for clay. There are a few below.

https://bit.ly/3bAEyv g or







Use the attachment techniques image to the left to create a sculpture from materials you have at home. The example below has some string lights inside!



Create an Artwork of your choice. Do you love to paint? Experiment with paint and create a painting of something that inspires you. Practice blending colors and using different color schemes (monochromatic, warm colors, cool colors, etc.) Do you love to draw? Experiment with different drawing techniques and draw something interesting to you. Practice blending and shading.

Draw a 1 point perspective Aquarium.
You will need a pencil, paper and ruler. Add color with your choice of media.
https://bit.ly/2YCww 0Z

or





Practice drawing a portrait. Check out this video of how to draw a face using the correct proportions. (The person forgot to add the eyebrows though!) https://bit.ly/3b19 ofm



Proportions of the Face



Listed below are some resources that your family could utilize over the summer!

	Music	Art	PE	LMC
APPS	Garage Band	Let's Create Pottery Just a Line	GoNoodle Lazy Monster Cosmic Kids Play 60	Sora Epic
Websites	One Voice/Playlist Classics for Kids Virtual Piano	Mandala Creator Silk Cassie Stephens Elementary Art Hieronymus Bosch Invaders (game) Street Art (game) This is Sand Haring Coloring Book	More Youtube links 7 Minute Lazy Monster Brain Bites about Fitness Topics Coach Pirillo (Youtube) PHYS. ED. Review (youtube)	https://classroommagaz ines.scholastic.com/sup port/learnathome.html https://www.spartalibrar y.org/childrens-room/
Other	Write Your Own Songs Sing Along with Your Favorite Songs Play any instruments you have	https://bit.ly/2SWNZO3 Mrs. Geiwitz's YouTube 365 Drawing Challenge Online Tours: The Louvre	Exercises and Images Google document with Many Links	Look for the Sparta Free Library online summer reading program coming soon

Some of the benefits of physical activity on <u>brain health pdf icon [PDF-14.4MB]external icon</u> happen right after a session of moderate-to-vigorous physical activity, such as improved thinking or cognition (for children 6 to 13 years of age) and reduced short-term feelings of anxiety (for adults). Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and anxiety and help you sleep better.

Tuesday, May 26

Make a copy of this document (go to File, click Make a copy, rename your copy with your name:Reading Skills (example:Ms. Wall:Reading Skills)

Share your document with your teacher after answering the questions below.

Directions:

- 1. Find a <u>fiction ***chapter book***</u> in EPIC or you may choose one of your own that you are interested in reading.
 - a. You will be reading from the <u>same book</u> to answer questions for the whole week.
 - b. Your book needs to be a fiction story
 - c. You need to choose a **chapter book**. (**no** graphic novels)
 - d. The book needs to be at your grade level
 - i. 4th grade students choose 4th grade level or above
 - ii. 5th grade students choose 5th grade level or above
 - iii. 6th grade students choose 6th grade level or above
 - e. If you are unsure about the book you chose, ask your teacher if you don't know if a book is at your grade level
 - f. If you would prefer to use a book the teachers have chosen you can use one listed in Epic Books-Teacher Suggestions below
- 2. Read for at least 20 Minutes each day
- 3. Answer the questions in the new sheet each day: the numbered questions need to be answered in **complete sentences**

Epic Books-teacher suggestions

4th Grade Level R or above	Unicorn Island by Donna Galanti Bridge to Terabithia by Katherine Patterson
5th Grade Level U or above	Masterminds by Gordon Korman Mr. Poppers Penguins by Robert and Florence Atwell
6th Grade Level X or above	Ungifted by Gordan Korman Abominables by Eva Ibbotson

Tuesday, May 26

Book Title:	
Author	
Genre	
Grade Level Listed in Epic	
Pages Read today	

	Setting and Prediction - Please answer all parts of the numbered questions in complete sentences.			
1.	Where is this story taking place? (Cite text evidence to support your answer)			
2.	When is this story taking place? (Cite text evidence to support your answer)			
з.	Prediction: using what you know from the pages you read today, make a prediction about what will happen later in the story (1-2 sentences), and explain why you think this will happen. Prediction:			
	Why:			

Wednesday, May 27

Book Title:

- 1. Make a copy of this document (go to File, click Make a copy, rename your copy with your name:Reading Skills (example:Ms. Wall:Reading Skills)
- 2. Use this document to answer your questions for today
- 3. Share your document with your teacher when finished

Pages Read today		
	racters <u>ences</u>	and Point of View answer all parts of the question in complete
1.	Name on	e of the main characters:
		this character using text evidence to support your answer. (Cite text to support your answer)
2.	Name a	different main character:
		this character using text evidence to support your answer. (Cite text to support your answer)
3.	From wh answer)	at Point of View is this story told? (Cite text evidence to support your

Thursday, May 28

- 1. Make a copy of this document (go to File, click Make a copy, rename your copy with your name:Reading Skills (example:Ms. Wall:Reading Skills)
- 2. Use this document to answer your questions for today
- 3. Share your document with your teacher when finished

Book Litle:					
Pages Read Today					
	Understanding your story and Figurative LanguageMaking Inferences: answer all parts of the question in complete sentences				
1.	Summarize your story by explaining what happened in your reading today.				
2.	Cite a sentence of an example of figurative language you found in your book. Tell what type of figurative language your example is and explain the meaning and how it was in your story. Example: Type of Figurative Language: How it was used in the story:				
3.	Describe a problem one of the characters faced and explain the solution or how the problem was resolved.				

Friday, May 29

- 1. Make a copy of this document (go to File, click Make a copy, rename your copy with your name:Reading Skills (example:Ms. Wall:Reading Skills)
- 2. Use this document to answer your questions for today
- 3. Share your document with your teacher when finished

Book	c Title:		
Pages Read Today			
Plea	ase answe	er all parts of the numbered questions in complete sentences	
1.	How has one of the characters changed since you described them on Tuesday? Character's name:		
	Explain u	using <u>examples</u> and <u>text evidence</u> how this character has changed:	
2.	prediction was accu	on: Go back to the prediction you made on Tuesday's work, copy your on below and then explain if this happened. Please explain if your prediction urate or not and explain, using text evidence, what happened to support as accurate or that it was not accurate. diction:	
	1	r prediction accurate? Explain using at least 2 sentences and text evidence ort your answer.	
3.	this bool	endation: From the information that you have read, would you recommend k to a classmate or friend? Please explain in 3-4 sentences why you would I not recommend this book.	

Wisconsin Trip

Over the next four days you will be using this Google Slide to plan an imaginary trip.

You must stay in Wisconsin and your trip must:

- Include at least 4 paragraphs (Introduction paragraph, 1 paragraph for each location and a concluding paragraph)
- Have 2 different locations cities or counties you would like to visit
- Explain 2-3 attractions for each location you will visit
- Submit your work each day so your teacher can see the progress of your work

Tuesday - Brainstorming

After watching the
Discover Wisconsin
videos, use the information
you learned about several
of the cities or counties
and plan an imaginary trip
you would like to take.

Suggestions:

I would like to visit:

City or county name

2-3 activities or places to visit at each location

Be sure to add details and use descriptive words.

**<u>All paragraphs are at least</u> 4-5 sentences long.

Don't Forget to Include:

- * at least 4 paragraphs
 - 1. Introduction paragraph
 - 2. 1st city/county
 - 3. 2nd city/county
 - 4. Concluding paragraph
- * A topic sentence to start your paragraphs
- * Supporting Details
- * A conclusion sentence at the end of paragraphs

Type all of your ideas for your trip here

Wednesday - Draft

Start typing here:

Thursday Revising and Editing

Revising & Editing Checklist:

- _My plan is clearly stated.
- _I included supporting details.
- _I added details and descriptions.
- _I have a conclusion sentence.
- __l use strong vocabulary.
- _I kept my reader's attention.
- _I have read my plan and it makes sense

I Checked...

- _ capitalization
- _ punctuation
- _ spelling

Copy and paste your draft here. Then use the revising and editing checklist to rewrite your draft.

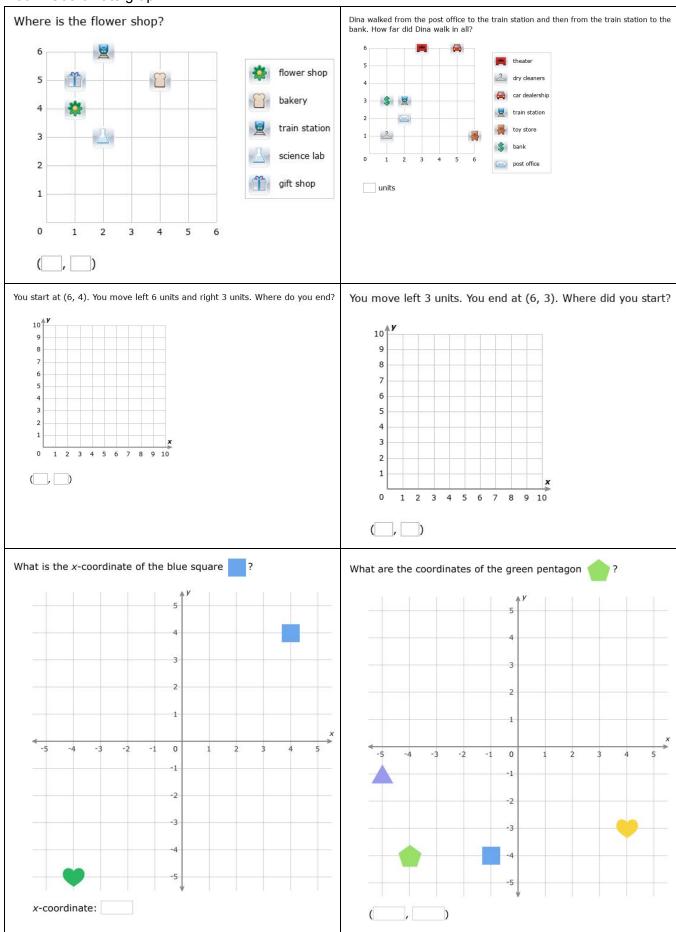
Friday - Final Draft

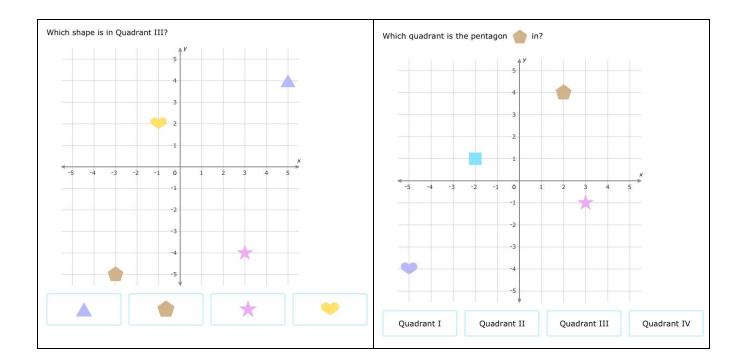
Copy and paste your final draft here. Read your paragraphs again and make any changes needed.

Math - Money

Anne went to the county fair. First, she spent \$3.97 on rides. Then she spent \$7.23 on food. How much money did Anne spend at the fair?			rides. Then she spent \$7.23 on food.	My parents know that the regular price of a certain coffee maker is \$87.57. At a discount store, the price for the same model is \$23.55. How much money can my parents save by buying it at the discount store?
	My friend Victor had \$521.50 in his savings account. Then, he spent \$185.03 on a new video game system. How much money does he have left in his savings account?			Last year, a famous baseball player earned \$785,983 for playing baseball and \$877,163 for making commercials. How much money did the baseball player earn in all?
How	much money does A	dam nee	ed to buy 7 padlocks?	Janet has \$14,517. How much money will Janet have left if she buys a ticket for an Australian cruise and a ticket for an Alaskan cruise?
measuring tape \$9 mop \$7 broom \$7 bucket \$4 watering can \$9 padlock \$5		d to buy 3 telescopes?	ticket for an Alaskan cruise \$3,851 ticket for an Atlantic cruise \$9,203 ticket for an Australian cruise \$5,637 ticket for a Caribbean cruise \$4,498 \$ Jonathan has \$2,967.50. Does he have enough to buy an English Bulldog and an Australian Shepherd?	
	laboratory freezer microscope	\$9,3	673.00 302.00	Yorkshire Terrier \$1,409.26 Akita \$3,939.89 Australian Shepherd \$1,950.79 Pomeranian \$1,941.11
	telescope precision balance	\$4,1	427.00 159.00	Cavalier King Charles Spaniel \$1,917.39 English Bulldog \$1,048.65
	centrifuge autoclave		203.00	yes no
	\$			

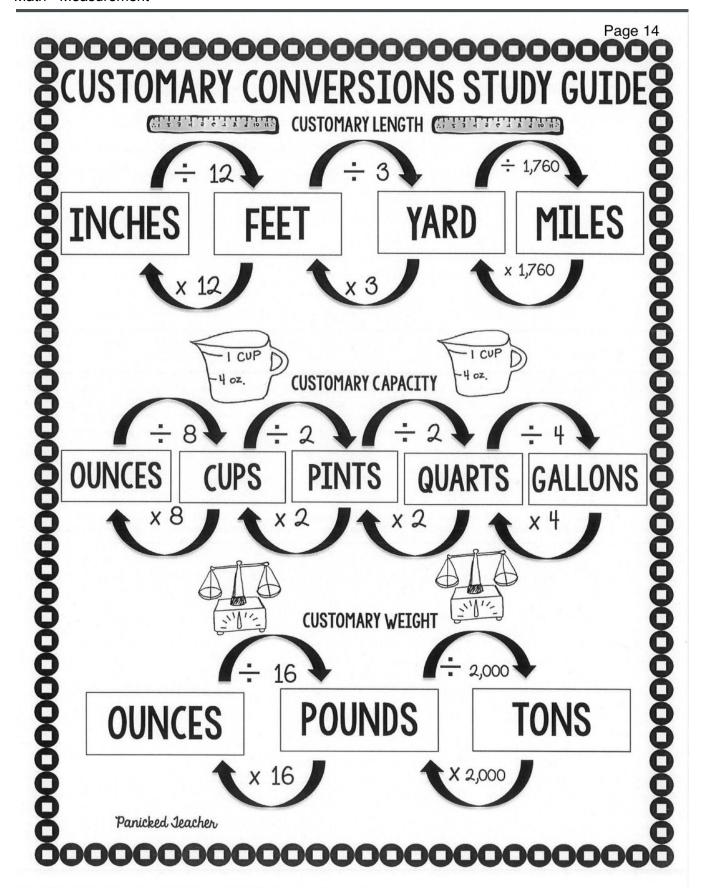
Math - Coordinate graph

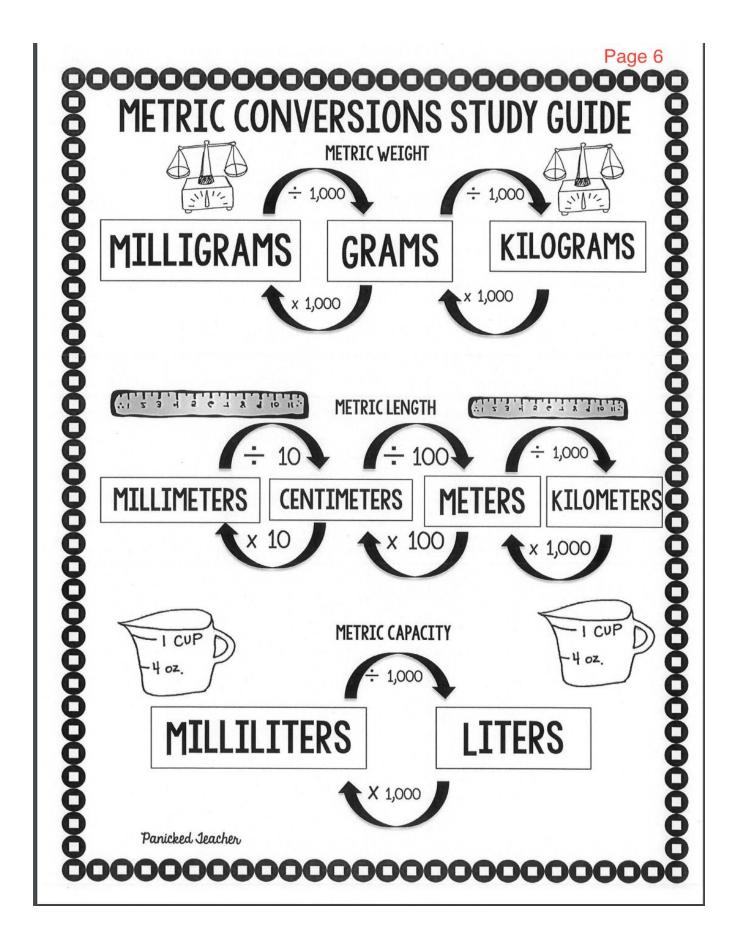




Math - Time

Subtract:	Add:	
6 minutes 47 seconds – 3 minutes 14 seconds = minutes seconds	4 hours 48 minutes + 4 hours 46 minutes = hours minutes	
Subtract:	Add:	
1 year 4 months – 1 year 2 months = years months	31 minutes + 41 minutes = hours minutes	
Which is the missing time?	Fill in the missing time.	
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	12:45,, 1:15, 1:30, 1:45	
11 12 1 10 2 9 3 .8 4 .7 6 5		
Which is the missing time?	Which is the missing time?	
? 3:00 4:25 5:50 7:15	2:53 ? [2:23 [2:08 [11:53]	
1:35	[2:38]	





Which is more, 693 pounds or 1 ton?	Convert:
693 pounds	180 inches = yards
1 ton	
neither; they are equal	
Convert:	Which is more, 42,240 feet or 8 miles?
180 inches = yards	42,240 feet
	8 miles
	neither; they are equal
Which is more, 50 millimeters or 5 centimeters?	Convert:
50 millimeters	2 kilograms = grams
5 centimeters	
neither; they are equal	
Which is more, 2 kilograms or 2,000,001 milligrams?	Convert:
2 kilograms	5 liters = milliliters
2,000,001 milligrams	
neither; they are equal	

Acids and Bases Quiz

Your name here _____

Directions for 10 question quiz: Each slide will have a picture on it. You will have to decide if that object is an acid or a base. The first box will have a picture. The second box is where you type <u>acid</u> or <u>base</u>. An example is below.

Lemon



Type your answer here.

Acid

battery



Type your answer here.

2. Acid or base?

Liquid in

the stomach



Tums



Type your answer here.

4. Acid or base?

Bleach



Orange



Type your answer here.

6. Acid or base?

Shampoo and

Conditioner



7. Acid or base? Challenge question! Careful:)

Water



Type your answer here.

8. Acid or base?

Baking soda



Toothpaste

Type your answer here.



10. Acid or base?

Soda



Plan a Meal

Ву



Six Essential Nutrients Review

- 1. Carbohydrates
- 2. Proteins
- 3. Fats
- 4. Vitamins
- 5. Minerals
- 6. Water



Your Body Needs Nutrients

- Your body needs nutrients for energy and growth and to repair your body.
- Nutrients also help the body maintain basic functions, such as circulating your blood and breathing.



CARBOHYDRATES

Simple	Sugars: sugar, candy, soft drinks, fruits, vegetables, and milk
Complex	Starches & Fiber: breads, cereals, pasta, rice, dry beans, potatoes

Provide the body with most of its energy

Proteins

Proteins are made up of 22 building blocks called amino acids.

Complete (contain 9 of the amino acids that are essential to life.)	Meat, fish, chicken, milk products and eggs.
Incomplete (contains any of the remaining 13 amino acids and some of the 9 essential amino acids.	Grains, dry beans, peas, nuts, seeds, and vegetables.

Build, maintain, and repair body tissues

<u>Fats</u>

Saturated	Solid: meat, poultry, egg yolks, whole-milk, coconut and palm oils
Unsaturated	Liquid: vegetable, olive, and nut oils
Trans	Fatty Acids: vegetable shortening, French fries, doughnuts, fried foods, and salad dressing.

Regulate body temperature, cushion vital organs, provide substances your body needs for normal growth and healthy skin

Vitamins

Fat Soluble	Spinach, kale, cantaloupe, carrots, milk, cheese, eggs, salmon, dry beans, peas, and nuts
Water Soluble	Whole grain bread, peanut butter, nuts, poultry, fish, oranges, grapefruit, and broccoli

Trigger many of the body processes, set off chemical reactions in your body's cells

<u>Minerals</u>

Milk, pears, nuts, meat, chicken, eggs, oranges, bananas, and dark green leafy vegetables

Are an essential part of your bones, teeth, and internal organs, and help regulate body functions.

<u>Water</u>

Water is found in all body tissues.

Water, foods can have high water content, liquids such as milk and juice.

Everyone needs about 6 to 8 glasses a day.

Regulates body functions and carries nutrients to cells, carries waste from your body.

Examples of foods



Plan a Meal

Use the review of the nutrients above to help you plan a nutritious meal. It can be breakfast, lunch, or dinner.

It should include all the nutrients in some form. For example, fats could be in the form of butter. Minerals could be a banana. Vitamins could be cheese. Fiber is not included in the review but don't forget about it. You can also research different foods to find out which are the most nutritious. For example, whole grain pasta would be better than regular pasta because it contains fiber.

Plan your meal here. You can combine items and have more than one item in each box. For example, spaghetti and meatballs would be a carbohydrate and a protein.

Example of carbohydrate	
Example of protein	
Example of vitamins	
Example of minerals	
Example of fats	
Example of fiber	

This can also be done on another piece of paper.