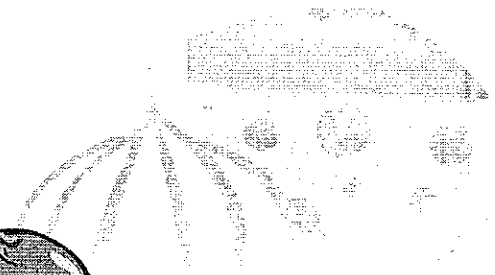
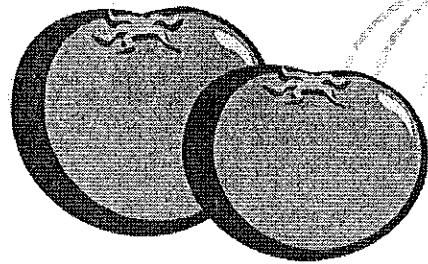
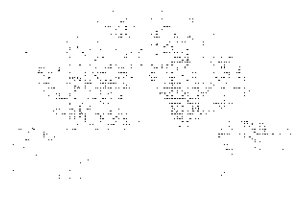
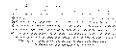


Name:



Unit 6

Vitamins, Minerals, & Water

VITAMINS AND MINERALS

M R Z T S P F Q T P B T M I N P P P C C
 J D I C A C I L O F L U O R I D E H N H
 N O V B M U I D O S J N V X B P M O I L
 Z Z W B O Q L R G J Q D F Y O S U S M O
 S C N M E F P R M Z C Q J T D J I P A R
 S Q I H X K L D T A Q T A B U N C H T I
 T J I A N I M A T I V S B D L K L O I D
 T A R T I B N Q V N S B V A N X A R V E
 P A N T O T H E N I C A C I D N C U V U
 P V E A A X K S U M N E M O T B M S N N
 T F H N B H E M Y E U A C D F A E I I P
 V K Q J I L O C P K T I D I B V M A S M
 N E Q D E M M R O I I S S N A A C I O L
 J J N N S R A A V P R H S E I I N P N X
 V B I O T I N T M Q P I H H N C I U P D
 O U N P R J B F I O S E T K X G Z E A R
 M H N M V I Q K L V J Z R M V N A N Z H
 Q D S R C I T Z V D L R U O N T V M W Q
 R S N Y C N D G B F R B J I E B H J G U
 H R H U K N Q M J N D Y N W W I M T H C

BIOTIN
 COPPER
 IODINE
 NIACIN
 POTASSIUM
 SODIUM
 VITAMINC

CALCIUM
 FLUORIDE
 IRON
 PANTOTHENICACID
 RIBOFLAVIN
 THIAMIN
 VITAMIND

CHLORIDE
 FOLICACID
 MAGNESIUM
 PHOSPHORUS
 SELENIUM
 VITAMINA
 VITAMINE

After finding all the words in the word search place each mineral or vitamin in the correct category.

Macrominerals

- 1.
- 2.
- 3.

Electrolytes

- 1.
- 2.
- 3.

Trace

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Water-Soluble

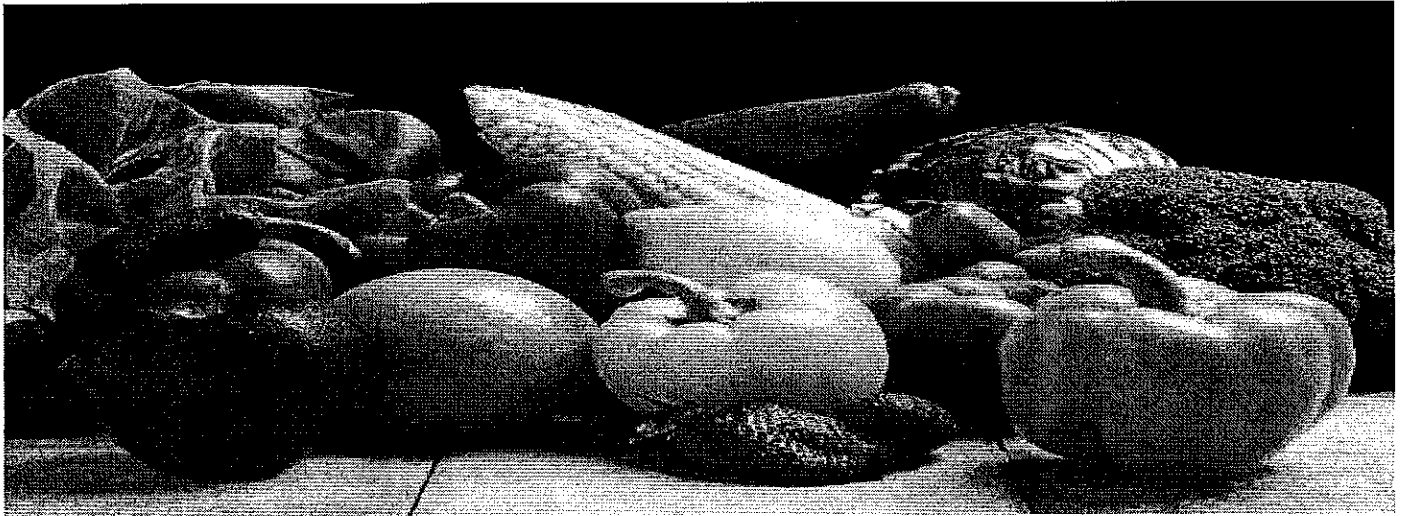
Soluble

1. B-6
2. B-12
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

Fat-

- 1.
- 2.
- 3.
- 4.

FRESH PRODUCE



IS A TOMATO A FRUIT OR VEGETABLE??

TYPES OF FRUIT	DESCRIPTION	EXAMPLES
POMES		
BERRIES		
CITRUS FRUITS		
DRUPES		
TROPICAL FRUITS		
GRAPES		
MELON		

MATURE VS RIPE FRUIT

TYPE OF VEGETABLE	EXAMPLES
ROOTS	
STEMS	
TUBERS	
LEAVES	
BULB	
FLOWERS	
SEEDS	
FRUITS	

TIPS IN BUYING FRESH PRODUCE

- 1.
- 2.
- 3.
- 4.

Preparing Fruits and Vegetables

Objective: The students will be able to list 3 different ways to prepare fruits and vegetables

I. Effects of Cooking on Fruits and Vegetables

A.

1.

2.

B.

C.

D.

II. Hints to preparing vegetables

A.

B.

C.

D.

E.

III. Methods of preparing fruits and vegetables

A. Poaching Fruits

1. Explain the method

2. List three foods that can be used by this method

a.

b.

c.

3. List one advantages of this method
 - 1.
4. List one disadvantage of this method
 - 1.

B. Microwaving Fruits

1. Explain the method
2. List three foods that can be used by this method
 - a.
 - b.
 - c.
3. List one advantages of this method
 - 1.
4. List one disadvantage of this method
 - 1.

C. Steaming Vegetables

1. Explain the method
2. List three foods that can be used by this method
 - a.
 - b.
 - c.
3. List one advantages of this method
 - 1.
4. List one disadvantage of this method
 - 1.

D. Microwaving Vegetables

1. Explain the method
2. List three foods that can be used by this method
 - a.
 - b.
 - c.
3. List one advantages of this method
 - 1.
4. List one disadvantage of this method
 - 1.

E. Baking Vegetables

1. Explain the method
2. List three foods that can be used by this method
 - a.
 - b.
 - c.
3. List one advantages of this method
 - 1.
4. List one disadvantage of this method
 - 1.

F. Frying Vegetables

1. Explain the method
2. List three foods that can be used by this method
 - a.
 - b.
 - c.
3. List one advantages of this method
 - 1.
4. List one disadvantage of this method
 - 1.

TYPES OF MILK PRODUCTS –
Unscramble the scrambled words next to its clue.

- | | | |
|---|-------------------|-------|
| A. Skim milk treated with lactic-acid bacteria. | TUMKEBIRLT | _____ |
| B. 3.3% fat by weight-48% of calories from fat. | LEHOW | _____ |
| C. The sugar in milk. | LCSTEOA | _____ |
| D. A coagulated milk product with a custard-like consistency. | GYROTU | _____ |
| E. 1-2% fat by weight with 16-38% of calories from fat. | WLO-AFT | _____ |
| F. Milk with chocolate or cocoa and sweetener added. | TECOHOCLA | _____ |
| G. Powdered form of skim milk. | TONFAN-YRD | _____ |
| H. Milk with only a trace of fat. | KISM | _____ |
| I. Canned milk containing only half the amount of water as regular milk. | TRPVEAOAED | _____ |
| J. Canned milk with extra sugar added. | DNEDCSENO | _____ |
| K. Term which describes milk to which vitamin D has been added. | TEFIRDIFO | _____ |
| L. Cream with about 40% fat. | IPHIGWNP | _____ |

MILK

What's so different about milk.....

*

*There are many different forms of milk

*Milk contains more than one nutrient

1.

2.

3.

How are the different types of milk classified

Type of MILK	Description	Fat Grams	\$\$\$
Whole			
2%			
Low Fat or 1%			
Fat Free or Skim			
Lactose Free			

What temperature should you cook milk on?

Burnt milk is called?

Evaporated			
Dry Milk			
Sweeten Condensed Milk			

Milk has been heat treated to kill harmful bacteria

means the fat is broken into tiny drops and mixed permanently with the milk. otherwise the fat would rise to the top as cream.

What Vitamin is milk fortified with?

Brochure Criteria

Front Page	10 points
1. Catching Phrase	
2. Colored	
3. Neatly Done	
Section 1	10 points
1. Two Functions of Water	
2. Picture	
3. Colored	
4. Neatly Done	
Section 2	10 points
1. Interesting Fact	
2. Colored	
3. Neatly Done	
4. Picture	5 extra credit points
Section 3	10 points
1. Explain how much water a person needs daily	
2. List or draw for other foods that contain a good source of water	
3. Colored	
4. Neatly Done	
Back Page	5 points
1. At the bottom of the page write: Created By: Your Name	

Notes from the Video