

S U M M A R I E S

INVESTIGATION 1: The Digestive Process

In Investigation One, you explored the digestive system and the process of digestion. During this Investigation, you:

1. identified the parts of the digestive system and their functions.
2. modeled the process of mechanical digestion by breaking a stick of chalk into several smaller pieces
3. modeled the process of chemical digestion by adding pieces of chalk to vinegar.
4. observed models to find similarities and differences between mechanical and chemical digestion.

Through these experiments, you found that:

1. the digestive system is made up of many parts. Each part has a function.
2. the digestive system provides nutrients to the body.
3. mechanical digestion breaks food into smaller pieces. The smaller pieces are different in size or shape but are not new substances.
4. chemical digestion breaks food into smaller pieces. The smaller pieces are NEW substances.

INVESTIGATION 2: Understanding Nutrition Labels

In Investigation Two, you explored how the MyPyramid Food Guidance System and nutrition labels can be used to make healthy food choices. During this Investigation, you:

1. completed information about food groups and categories and the daily recommended amounts for each group or category in MyPyramid.
2. compared information on nutrition labels of foods.

Through these experiments, you found that:

1. MyPyramid has five different food groups – grains, vegetables, fruits, milk, and meat and beans. It also has the oils and sometimes food categories.
2. there is a certain amount that should be eaten each day from each food group or category in MyPyramid.
3. foods contain different types and amounts of nutrients.
4. examples of nutrients are vitamins, minerals, water, carbohydrates, proteins, and lipids.
5. there is a Recommended Daily Value or amount of nutrients the body needs each day to function.
6. different foods have different serving sizes.

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INVESTIGATION 3: Exploring Carbohydrates

In Investigation Three, you explored one of the six nutrients needed by the human body, carbohydrates. During this Investigation, you:

1. measured and compared the amount of total carbohydrates contained in food items.
2. measured and compared the amount of sugars contained in food items.

Through these experiments, you found that:

1. the amount of total carbohydrates and sugars is different in different foods.
2. foods in all food groups and categories contain carbohydrates.
3. the Total Carbohydrates listed on nutrition labels includes sugars, starches, and dietary fiber.
4. there is a Daily Value for carbohydrates.
5. the %DV on a nutrition label can help a person pick foods that will meet the Daily Value for carbohydrates.
6. comparing the Total Carbohydrates and Sugars sections on nutrition labels tells if sugars were added to foods or drinks.

INVESTIGATION 4: Exploring Fats

In Investigation Four, you explored one of the six nutrients needed by the human body, fats. During this Investigation, you:

1. measured and compared the amount of total fat contained in food items.

Through these experiments, you found that:

1. different foods contain different amounts of fat.
2. the amount of Total Fat listed on nutrition labels includes saturated, unsaturated, and trans fats.
3. there is a Daily Value for fats.
4. the %DV on a nutrition label can help a person pick foods that will meet the Daily Value for fats.
5. some food groups and categories have more fats than other food groups and categories.

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INVESTIGATION 5: Exploring Proteins

In Investigation Five, you explored one of the six nutrients needed by the human body, proteins. During this Investigation, you:

1. measured and compared the amount of protein contained in food items.

Through these experiments, you found that:

1. different foods contain different amounts of protein.
2. the %DV for protein is only listed for certain foods.
3. some food groups or categories have more protein than other food groups and categories.