

Nutrition Song

*Listen to the Nutrition Song and fill out the missing lyrics!

<https://www.youtube.com/watch?v=6fhSGWdbm9g>

[Chorus]

It's just food and diet

Keep you healthy tonight

You're not alone in this fight

We're talking 'bout nutrition, yeah

Carbohydrates, _____, fats, are called nutrients

Add accessory foods

Something 'bout sugar

Starch, carbohydrates

Giving _____

Break down digestion

Glucose is the name

Energy producing

Liver stores it up

Yeah your body needing protein

_____ and repair

Body tissue better

Other vital jobs

Make your body grow stronger

When you're eating meat, fish, and nuts

It's a fact

Protein simple chemicals

Called amino _____

I can see your body needs warmth

Storing energy up in there

Your body counting up the fat

Still storing it holding

Up in places under skin

Right now body really keeping hold it

Hanging on till it needs it later

These fats coming in two types

Unsaturated fats and _____

[Chorus]

Next up _____

Part of accessory

Healthy diet giving body all it's needing

Cause they're chemical or organic

Contains carbon, fifteen kinds your having

They're not only

Minerals important

They are needed for life

Now inorganic like iron

Sodium, iodine

_____ different minerals to grow up higher

Dietary fiber in here

Carbohydrates find it in bran

Intestines counting on this bulk

Still squeezing it downhill

Cause it helps push out the waste

Right now intestines need a soldier

Helping the food out through _____

Assisting to get rid of waste

Evacuating to survive, cause the...

[Chorus]

You'll feel the way you feel

From the food and your diet

Well this is from the healthy foods your body needs

Nutrients and accessory

Helping body work properly

Carbohydrates, fats, proteins (nutrients for ya)

_____ and vitamins (these are accessory)

It's just food and diet (nutrients, accessory)

It's just food and diet (they're right here for you)

We're talking 'bout nutrition

[Chorus]

We're talking 'bout nutrition

You don't have to do it alone

Your food and _____ keep you whole

No one said you'd do it all alone

It's nutrients, accessory

We're talking 'bout nutrition

****When you're done, challenge yourself with questions on this Kahoot!**

<https://create.kahoot.it/share/nutrition-yeah/9c0d7a3f-528d-4978-be69-bbd1848f7cc5>