

Nutrient Sleuth

Use the clues to find the missing nutrient.

Draw a line from the character to the nutrient.

Adapted from: http://exhibits.pacsci.org/nutrition/nutrition_cafe.html



Squintin' Clinton

Clinton has trouble seeing at night. His skin is dry and scaly all of the time. Clinton doesn't like to eat dark green, yellow or orange vegetables, especially carrots.

Vitamin C



Athletic Annie

Annie practices with the junior high soccer team after school in very hot weather. She doesn't drink liquids during practice and often becomes dizzy and lightheaded.

Fat



Bruiser Bill

Bill, a busy 7th grader, is worried because his cuts and bruises never seem to heal. He won't eat fruits and vegetables, especially not oranges.

Vitamin A



Fast Food Phil

Phil often eats in fast food restaurants. He always orders fries, a cola, and a hamburger. Phil hardly ever drinks milk and his doctor is worried that Phil's diet won't help his bones grow.

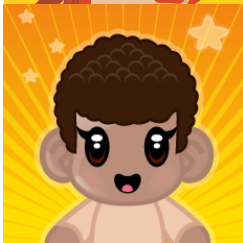
Calcium



Meat-loving Melinda

Melinda really likes her meats and beans and eats them at every meal with very little else. She often feels tired and like she has no energy.

Protein



Sickly Sam

Sam is always hungry, but cereal, crackers, and bread are the only foods that Sam eats. He fell down during soccer practice two weeks ago and his knee still hasn't healed. He also isn't growing very much.

Water



Freezing Francis

Francis is very thin and cold all of the time. She doesn't like to eat dairy products, meat, or anything with any fat.

Carbohydrates

