

### Reading 3.4 – Energizing Me

#### Getting Ready

After a hard day at school, you pop a lollipop into your mouth. You enjoy the sweet taste. All of a sudden, you hear your grandma yell, “Do not eat that junk!”

That makes you wonder why some things are considered junk food. You learned in school that sugars are a type of substance that keep you going throughout the day. Lollipops are candy. Candy has sugar. Sugar is food, so why are lollipops not a good food choice? Before you read, why do you think some foods are considered junk food?

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As you read, think about what makes something food, and about what makes one food better for you than another one.

In the IQWST PS1 unit, you learned that energy makes things happen. You learned that energy makes things grow, glow, and go. Now you have learned that food is where you get the energy that makes you go and grow. Energy is found in fats and in

Figure 1

	Candy Bar	Seedless Grapes 1 cup
Water (g)	0.1	128.8
Protein (g)	0	1.1
Fat, total (g)	0.0	1.3
Carbohydrate (g)	8.8	26.9
Sugars, total (g)	5.6	24.7
Fiber, total dietary (g)	0	1.4
Cholesterol (mg)	0	0
Calcium (mg)	0	16
Iron (mg)	0.0	0.5
Vitamin A (mcg)	0	5
Vitamin C (mg)	0	17.3
Vitamin B-6 (mg)	0	0.1
Vitamin B-12 (mcg)	0	0
Vitamin E (mg)	0	0.3
Vitamin K (mcg)	0	23.4

Highlight the answer: →  
What does protein do  
for your body?

carbohydrates, and carbohydrates can be either sugar or starch. Building materials that your body needs to grow are also contained in food. Proteins are what you need to grow and repair your body. Because of the jobs they do in the body, carbohydrates, fats, and proteins are the food in whatever you eat. By examining food labels, you saw that most of the things you eat contain carbohydrates.

If a food has carbohydrates, does that mean it is good for you? Explain your ideas.

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In class, you examined nutrition labels. The labels provided information about nutrients found in foods you eat. Read the nutritional information for a typical candy bar(see figure 1). Compare it to a different sweet snack: a cup of grapes.

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Highlight the answer:  
What are the two different  
types of carbohydrates?  
What do they do for us? →

### What Makes Something a Healthy Treat?

Food is any substance that gives energy or building materials to an organism. Carbohydrates, proteins, and fats are the types of food that enter your body when you eat. Fats are energy reserves. That means they can store energy that is not used right away. As you use up energy, your body can obtain more energy from fats.

There are two kinds of carbohydrates. Simple carbohydrates are sometimes called simple sugars. They can come from things like candy, but they are also found in fruit, milk, and the sugar you put on your cereal. They have a lot of sugar, but not the vitamins that your body needs. Simple carbohydrates give a lot of energy fast, but you use them up quickly. The energy does not last. When simple carbohydrates are in foods that have the important vitamins, like grapes, you also get a quick jolt of energy. But your body also gets those vitamins that keep it functioning well.

A second type of carbohydrates is called complex carbohydrates. You will find these in things like bread, pasta, and some vegetables. Energy from these foods is released more slowly in your body, so the energy lasts longer. Plus, these foods have important vitamins. Fiber is a special type of carbohydrate that passes through the body almost unchanged. It can absorb a lot of water, so that your body's waste materials can exit the body easily.

Highlight the answer: →  
What do vitamins do for  
your body?

Calcium is very important even though it is not food. Calcium does not build body materials, but it strengthens all of the bony structures in your body.

Vitamins are not food, but they are very important to healthy eating. They keep your body functioning the way it should. Think about riding a bike. You are the energy source that makes the bike go when you pedal. But if the chain has not been oiled or there is not enough air in the tires, the energy is not going to be used as well as it could be, and the bike will not move the way it should. The oil and the air work like vitamins in your body. They keep everything functioning well. And like oil for chains and air in tires, different vitamins work with certain parts of your body.

Not all sweet treats are the same. Next time you need a snack after school, check the nutrition label to see if it will be a treat that provides what you need. You will be building a healthy body that will keep you energized for an active life.

Look at the nutritional information on the candy bar and the grapes. If you were going to choose a healthy snack for your little brother or sister, which one would you choose? Use what you have learned from your reading to explain why one choice is healthier than the other.

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