

1. The Healthy Human Body
2. Importance of Diet
3. Learning About Food and Energy
4. Food Influences Growth
5. Your Body Uses Food for Repairs
6. Human Digestion
7. Circulatory and Lymphatic Systems
8. Urinary System
9. Respiratory System
10. Nervous System
11. Reproductive System
12. Endocrine System
13. Muscular System
14. Skeletal System
15. Learning About Eyes
16. Learning About Ears
17. Learning About Your Throat and Nose
18. Your Body Covering
19. Learning About Your Nails and Hair
20. Exploring What Makes Food Good
21. Learning About Enjoying Food
22. Mealtimes Should Be Happy Times
23. You and Food Habits
24. Exploring Bad Food Habits
25. Changing Your Food Habits
26. Establishing Proper Health Habits
27. Introducing New Foods
28. Foreign Foods
29. Calories Are Important
30. Nutrition and Body Size
31. Healthy Bodies Are Well Nourished
32. Are You Obese?
33. Controlling Your Food Intake
34. Understanding Malnutrition
35. Learning About Nutritional Diseases
36. The Power of Advertising
37. The Body and Oxygen
38. The Body and Water
39. Your Body Needs Nutrients
40. Your Body Needs Carbohydrates
41. Your Body Needs Fats
42. Your Body Needs Proteins
43. Your Body Needs Minerals
44. Your Body Needs Trace Minerals
45. Your Body Needs Vitamins
46. Your Body Needs Vitamin A
47. Your Body Needs Vitamin B<sub>1</sub>
48. Your Body Needs Vitamin B<sub>2</sub>

# Contents

49. Your Body Needs Vitamin B<sub>12</sub>
50. Your Body Needs Niacin
51. Your Body Needs Other B Vitamins
52. Your Body Needs Vitamin C
53. Your Body Needs Vitamin D
54. Your Body Needs Vitamin E
55. Your Body Needs Vitamins K and P
56. The Body and Water-Soluble Vitamins
57. The Body and Fat-Soluble Vitamins
58. Your Body Needs All Food Groups
59. Your Body Needs the Milk Group
60. Your Body Needs the Meat Group
61. Your Body Needs the Fruit and Vegetable Group
62. Your Body Needs the Bread and Cereal Group
63. Learning About Cooking Meat
64. Learning About Cooking Vegetables
65. The Importance of Food Controls
66. Skillful Shopping
67. Helping to Preserve and Store Food
68. Preparing Food
69. Food That Has Spoiled
70. Food Additives
71. You and Food Values
72. Meal Planning
73. You Can Plan Your Breakfast
74. You Can Choose Your Breakfast
75. You Can Plan Your Lunch
76. You Can Choose Your Lunch
77. You Can Plan Your Dinner
78. You Can Choose Your Dinner
79. Food Needs While Sick
80. Snacking Habits
81. You Make Many Food Choices
82. Learning While Playing Games
83. Nutrition and Future Health
84. Nutrition Myths and Fads
85. Your Body Needs Food and Exercise
86. Your Teeth and Nutrition
87. Proper Care of Teeth
88. Proper Nutrition Is Important to Health
89. Your Body Needs to Rest and Relax
90. Emotions and Proper Nutrition
91. Food Patterns Spanning the Nations
92. Learning How to Feel Well
93. Effects of Drugs on Nutrition
94. Effects of Alcohol on Nutrition
95. Effects of Smoking on Nutrition
96. Importance of Planning Ahead