

Activity 102

Food Rhymes

Directions: Read each of the short verses below and identify the term that it describes. Choose from the terms listed in the box.

appetite calorie diet digestion hunger nutrients

1. After you've eaten,
Your body starts working.
Breaking down food
Keeps the processes perking.

2. Late in the day
Or just before lunch,
Your body needs something
To nibble or munch.
"It's time to eat,"
your body may say.
"It's a physical need
And you shouldn't delay!"

3. The energy in food
I count and I measure.
I'm a unit of heat,
And not always a treasure.
When you get too many,
You'll store me as fat.
So eat just enough,
And leave it at that.

4. An eating mood may strike you
From habit or reaction.
A smell may strike your fancy,
And your taste buds spring to action.
It doesn't come from hunger
or from need or from starvation.
It's more of a desire
or a mental inclination.

5. Eaten in correct amounts,
These help you grow and give you
bounce.
To do the best that you can do,
You need them all—
Not just a few!

6. I affect the way
You feel and look.
I'm the food you choose
And the food you cook.
I'm the pattern of what
You eat and drink,
Your daily habits:
What do you think?
