



Fats as Necessary Nutrients

Another View

This book talks about fats. Ask a librarian or another adult to help you find a second source about this nutrient. Write a paragraph to compare and contrast the new source's information with that of this book. What information is the same? What information is different?





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Say What?

Studying how the body needs and uses fats can mean learning a lot of new vocabulary. Find five words in this book you've never heard before. Use a dictionary to find out what they mean. Then write the meanings in your own words and use each word in a new sentence.





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Surprise Me

Chapter Two talks about how the body needs some fats to work right. After reading this book, what other facts about fats did you find most surprising? Write a few sentences about each fact. Why did you find each fact surprising?





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Photo Evidence

Sometimes pictures can explain science concepts better than words. Take another look at one of the photos in this book. How does it relate to the information in that chapter? Write a few sentences about how it helps you better understand that information.

