

# NUTRITION



## A BALANCED DIET

- Your body needs a constant supply of fuel to grow, develop and stay healthy.
- The fuel you need comes from the air you breathe, the food you eat and the water you drink.

### WATER

Our bodies are 70% water.



### CARBOHYDRATES

They give us energy. Carbohydrates are split into sugars (fast burning) and starches (long lasting).

#### Sugars

#### Starches



### PROTEINS

They help growth and repair cells, including teeth and nails.



### FIBRE

It is not absorbed into the body but helps digestion and excretion.



### VITAMINS & MINERALS

They provide protection against illness and keep the body healthy.



### FATS

They give us slow releasing energy. Too much fat can lead to obesity and heart disease.



Exercise is also an important element of staying healthy.

Remember: **KEEP HEALTHY!**

# Nutrition Guide Ideas

**Sandra Bert Sherman**



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web the easiest colors to observe during the flame test were that of copper chloride and lithium chloride for potassium chloride there was a purple color close to the stick but the flame remained orange for the majority of the burn time the unknown slat burned orange but also had a slight blue color close to the stick

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web use crayons or colored pencils to color in the spectrum in the box on your report sheet to show the correlation between color and wavelength part ii flame tests you will conduct flame tests to observe the flame emission colors for the following solutions lino3 cu no3 2 sr no3 2 ba no3 2 kno3 and nano3 since nitrates do not emit color you

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web task use a flame test to determine which ion salt produces the red color then using a spectroscope match the bright line spectra from red fireworks to a substance in your material list then make your final determination of what ion in the material list causes red fireworks procedure

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web feb 10 2021 section 1 purpose and summary observe the color of light emitted when a sample of a salt of a metal cation is heated use the characteristic color of flames to identify ions in various laboratory samples observe the emission spectra of various elements in gas discharge tubes

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web 25 october 2022 objective experiment 1 to show how flame test can be used to identify some metals ion 2 to identify some unknown metal ions using flame test introduction the arrangement of electrons around the nucleus of the atom is

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flame flame intensity flame duration wavelength nm color low medium high seconds  
BaCl<sub>2</sub> yellow to orange 597 high 13 sec  
CaCl<sub>2</sub> orange 609 high 13 sec  
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LiCl 701

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