

## Work On It (continued)

- 2 Compare what you ate and drank yesterday to the recommended number of servings from each food group for your age. See the table below. For which food groups did you eat and drink at least the recommended number of servings? Are there any food groups for which you did not eat the recommended number of servings?
- 3 In A Healthy Life (page 4), you started recording the foods you eat and drink each day. Use the data you have collected so far to compare your **diet**—what you usually eat and drink—to the recommendations in one of Canada's food guides.
- 4 In your notebook, describe what changes you can make to follow a healthier eating plan.

	Vegetables and fruit	Grain products	Milk and alternatives	Meat and alternatives
9–13 years old	6	6	3–4	1–2

## Communicate

Write

1. How are *Canada's Food Guide* and *Canada's Food Guide: First Nations, Inuit and Métis* different? How are they the same? Create a Venn diagram to help you organize your thinking.
2. Canada's food guides outline four main food groups. Which food group do each of these foods belong to: bread, milk, peanut butter, banana, tofu.
3. Imagine that you live in a community different from your own, such as a farming or fishing community. How might this change affect the food you eat every day?
4. Much of the food people eat is transported to them from around the world. For example, our Saskatchewan wheat is sold and shipped as far as Japan. Research agricultural products that Saskatchewan exports. Think about common crops grown in your area. What foods are made from these crops?

## Build On What You Know

Think about your diet and eating habits. In your Medical Journal, answer these two questions: What prevents you from eating the amounts and types of food recommended in Canada's food guides? How can you overcome these challenges?

# 4

## Your Respiratory System, Part 1

**GOAL** To learn about the respiratory system and its functions

### GET STARTED

What else, besides food, goes into your body every day? Air! You started breathing when you were born, and you have never stopped, even when you are sleeping. For First Nations and Métis peoples, air is one of four sacred elements necessary for life.

Scientists also consider air to be necessary for human life. To understand how your body uses air, you must first learn what your body is made of.

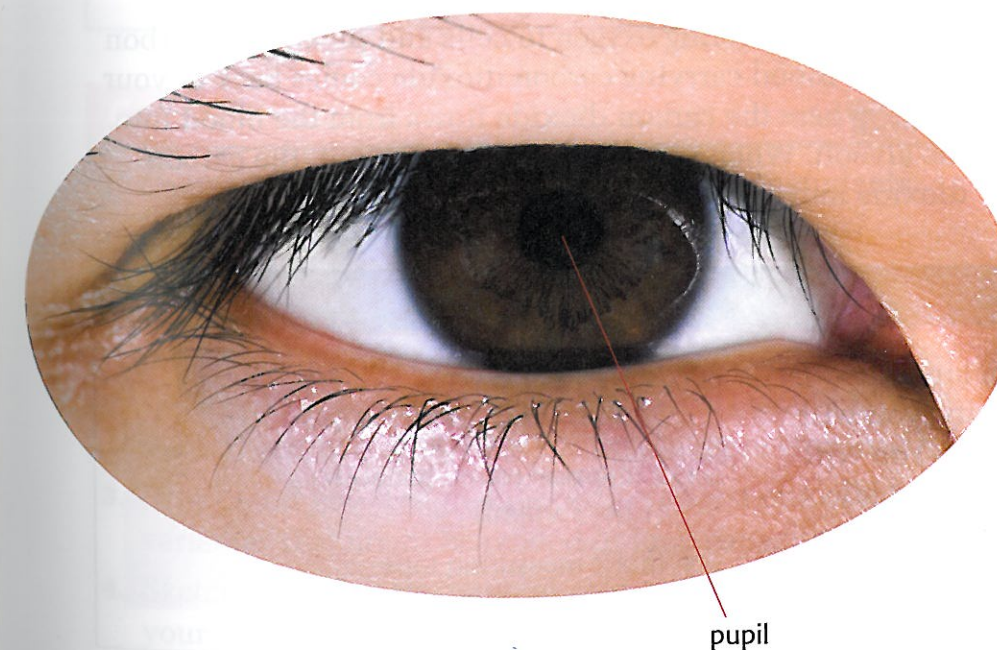
## You Are Made of Cells

Scientists have found that our bodies are made of trillions of tiny cells. **Cells** are the basic building blocks of life. They make up every part of you—your skin, your eyes, your brain, your stomach, your blood, and even your bones. Most cells are too small to see without a microscope.

There are about 200 different kinds of cells in the human body. Each kind has a different size, shape, and function. For example, nerve cells carry electrical messages that control the body and white blood cells help keep you healthy. Groups of similar cells make up **tissues**. Cells and tissues make up **organs**, which are parts of the body that perform certain jobs. Your eyes, ears, heart, and lungs are all organs.



Red blood cells give blood its red colour.



The eye is made up of many kinds of cells. It contains muscle cells that open and close the pupil, cells that produce the eye's fluid, cells that sense light, and nerve cells that send messages to the brain.