

RESEARCH PROJECT: YOU ARE WHAT YOU EAT!

Physical Education Health Class/Grade 7

TOPIC: _____ **MY NAME:** _____

Key words: _____

RESOURCES TO CHECK:

GENERAL ENCYCLOPEDIAS

- Compton's by Britannica*
- The New Book of Knowledge*
- World Book Encyclopedia*

REFERENCE BOOKS

- John Hopkins Family Health Book* REF 616 JOH
- The Marshall Cavendish Encyclopedia of HEALTH* REF 610 MAR
- MAYO CLINIC Family Health Book* REF 613 MAY

NONFICTION RESOURCES

- Carbohydrates Silverstein
- Digesting: How We Fuel the Body Royston
- Eat the Right Stuff: Food Facts Reef
- Everything You Need to Know about Diet Fads Sies
- Food and Digestion Parker
- Food for Fuel Tecco
- The Food Pyramid and Basic Nutrition Faiella
- Foods that Harm, Foods that Heal Reader's Digest
- Healing Foods: A Practical Guide to Key Foods for Good Health Polunin
- Nutrition for Dummies Rinzler
- Nutrition Sense Bickerstaff
- Proteins Silverstein
- Planning and Preparing Healthy Meals and Snacks Silate
- The Stomach and the Digestive System Ballard
- Vitamins and Minerals Nardo
- Vitamins and Minerals Silverstein

DIGITAL RESOURCES

- 1. **EBSCO DATABASE**
 - Click **START** and "mouse" up to **STUDENT APPLICATIONS**
 - Click **EBSCO**
 - User name psd202
 - Password ebSCO
 - Click **STUDENT RESEARCH CENTER**
- 2. United States Dept. of Agriculture explains the new food pyramid:
<http://mypyramid.gov/>
- 3. Fruits and Vegetable Reference Center by Dole----all you need to know
http://www.dole5aday.com/ReferenceCenter/R_Home.jsp?topmenu=6
- 4. The Food Groups explained by the Harvard School of Public Health
<http://www.hsph.harvard.edu/nutritionsource/pyramids.html>