Stages of Life, Nutrition, & The Senses

The 5 stages of life

Childhood

Youth

Adolescence

Adulthood

Old Age

Fill in the Blank: The 5 stages of life

1. Childhood
2. Youth
3. Adolescence
4. Adulthood
5. Old Age

Childhood (0 to 11 years)

- Infancia
- A physical change that happens: teeth come out.

Childhood (0 to 11 years)- Fill in the blank!

- Infancia
- A physical change that happens: teeth come out.

Youth (12 to 17 years)

- Adolescencia
- Physical change that happens: stop growing

Youth (12 to 17 years) - Fill in the blank!

- ~~Adolescencia~~
- Physical change that happens: stop ~~growing~~

Adolescence (18 to 24 **years)**

- Juventud
- Physical change that happen: beard comes out

Adolescence (18 to 24 **years) -**
Fill in the blank!

- <u>Juventud</u>
- Physical change that happen: beard comes <u>out</u>

Adulthood (25 to 69 years)

- Madurez

Old Age (70 and older)

- Ancianidad
- Physical change that happens: weaker bones and muscles

Old Age (70 and older) -
Fill in the blank!

- Ancianidad
- Physical change that happens: weaker bones and muscles

Which stage of life are you?

1. Childhood (0 to 11 years)
2. Youth (12 to 17 years)
3. Adolescence (18 to 24 years)
4. Adulthood (25 to 69 years)
5. Old Age (70 and older)

Vitamins and Minerals

Keep our bodies working properly and help prevent illness.

Examples:

Calcium (dairy)

Vitamin C (oranges)

Carbohydrates and Fats

Give us energy to stay active.

Examples:

Almonds (fats)

Bread (carbohydrates)

Proteins

Give us the nutrients we need for growth and repair.

Examples:

Meat

Eggs

Fish

Nutrition

We can eat everything. However, some people have allergies or intolerance to some foods.

Ex. Lactose intolerance (no dairy)

Nutrition

There are also people who do not eat some foods because of their religion or personal reasons. Ex. Vegetarians (do not eat meat or chicken)

Healthy Nutrition Habits

- **We should eat 5 times a day, but in a balanced way.**

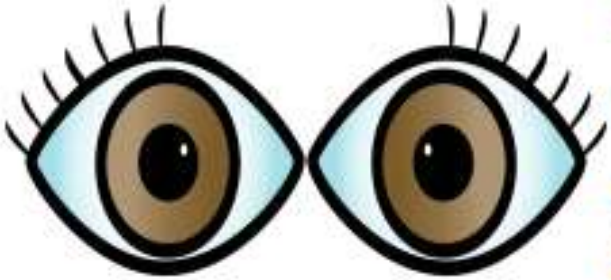
Healthy Nutrition Habits - Fill in the blank!

- **We should eat 5 times a day, but in a balanced way.**

The 5 Senses

Our senses detect information from the outside and we respond to it.

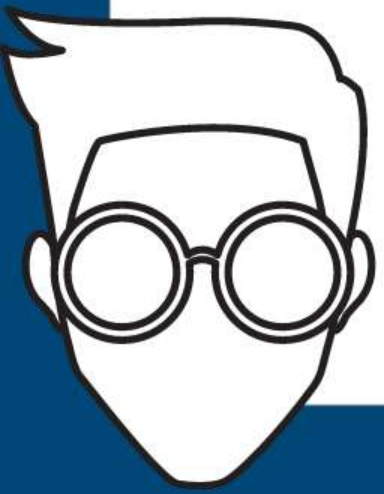
Sight



We use our **eyes** to see things.

What are some things you can see around you right now?

I CAN SEE...

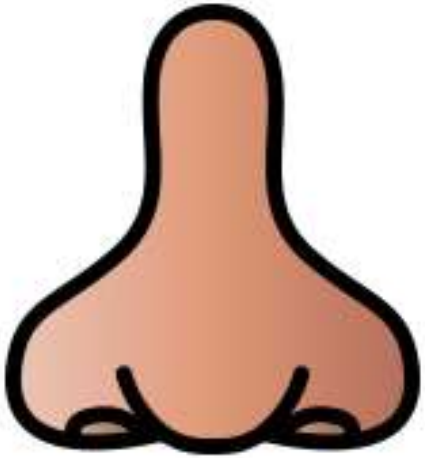


Touch

We use our **hands** to touch things.

What are some things you can touch?

Smell



We use our **nose** to smell things.

What are some things that smell nice/bad?

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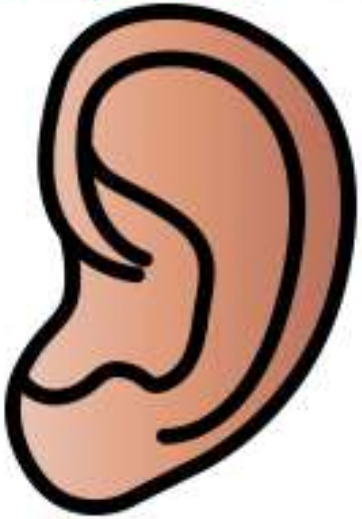
SMELLS NICE/BAD.

Hearing



We use our **ears** to hear things.

Close your eyes. What sounds can you hear?

I CAN HEAR

( ).

Taste

We use our **tongue** to taste things.

What are some things you can taste?