

Name: _____

Date: _____

Food versus Not Food

PREDICTIONS: Food or Not Food?

Which of the following would you classify as a food? Which are **not** food?

Material	Food	Not Food
Apple Juice		
Cheez-It Crackers		
Orange Juice		
Bottled Water		
Mints		
Seltzer Water (Carbon-Dioxide Bubbles in Water)		
Multivitamin		
Plant Food (Fertilizer)		
Sugar		
Salt		

INVESTIGATION: Which Materials Are Food? Which Are Not Food?

Look at nutrition labels to find evidence that each material is or is not food.

Record your data in the chart below. Use your data to decide whether each material is food by the scientific definition.

Food is **matter** (building materials) that contains **energy** living things can use to live and grow. All living things need both the matter and energy in food to grow, to heal wounds, and to keep all their parts working.

When you're done, raise your hand so your teacher can check your data.

Are These Materials Food?

Material	Does It Have Mass (g) (an indicator that it is Matter)?	Does It Have Calories (a measure of Energy)?	Is It Food by the Scientific Definition?
Apple Juice			
Cheez-It Crackers			
Orange Juice			
Bottled Water			
Mints			
Seltzer Water (Carbon-Dioxide Bubbles in Water)			
Multivitamin			
Plant Food (Fertilizer)			
Sugar			
Salt			

Analysis Questions

Complete the **bold** sentences **in your science notebook**.

1. *Orange juice [is/is not] food because ...*

2. All living things need water to stay alive. Is water food by the scientific definition? Why or why not?

Water [is/is not] food because ...

3. Plants need carbon dioxide to stay alive. Is carbon dioxide food for plants by the scientific definition? Why or why not?

Carbon dioxide [is/is not] food because ...

Reflect and Summarize

4. *Food must provide both _____ and _____ for living things.*