

Chew the Fat

1. **DESCRIPTION:** Teams will demonstrate knowledge of the human digestive system and proper nutrition.
2. **ESSENTIAL STANDARDS ALIGNMENT:** 3.L.1, 4.L.2, 5.L.1
3. **TEAM OF UP TO:** 2
4. **MAXIMUM TIME:** 60 min.
5. **TEAMS:** Must bring a writing instrument.
6. **EVENT LEADERS:** Will provide a hands-on event with all necessary items, objects, materials, questions, and response sheets for participants to complete stations. Examples include but are not limited to: models, slides, and pictures.
7. **SAFETY REQUIREMENTS:** None
8. **IMPOUND:** No
9. **THE COMPETITION:** This event will be run in a station format. Teams will rotate through stations that assess any or all of the following topics:
 - a. Identify the major organs and body parts involved in the digestive process and understand the important job each body part has:
 - i. salivary glands
 - ii. taste buds
 - iii. teeth: incisors, premolars, molars, and canines
 - iv. esophagus, stomach, liver, small intestine, large intestine
 - v. kidney, urine, bladder
 - b. Compare and contrast chemical and physical digestion.
 - c. Understand food and the benefits of vitamins & minerals.
 - i. Vitamin List: A, B, C, D, E, K
 - ii. Minerals List: Calcium, Iron, Magnesium, Potassium, Sodium
 - d. Be able to distinguish healthy foods from unhealthy foods by comparing food labels as well as understanding what a serving size is.
 - e. Know common foods in the major food groups: fruits, vegetables, grains, protein, dairy and where they fit in the food pyramid and in the USDA My Food Plate.
 - f. Understand the relationship among the amount of food energy (calories) consumed, weight, and metabolism.
10. **SCORING:** Points will be awarded for the accuracy of responses. Ties will be broken by the accuracy or quality of responses to pre-selected questions chosen by the event leader.
11. **EVENT RESOURCES:** See the Event Resources tab on our website (ncscienceolympiad.ncsu.edu) for instructions, videos and more.