

White County 4-H

Swine Educational Activities

Grade 6

Project Year _____

4-H'er Name _____ Club _____

Activity #1

Nutritional Value. Use chapter 6 in your Swine Resource Handbook to match the nutrient found in pork to the function it serves in the human body.

A Iron	B Magnesium	C Phosphorus	D Potassium	E Zinc
F Thiamin	G Riboflavin	H Niacin	I Vitamin B ₁₂	J Vitamin B ₆

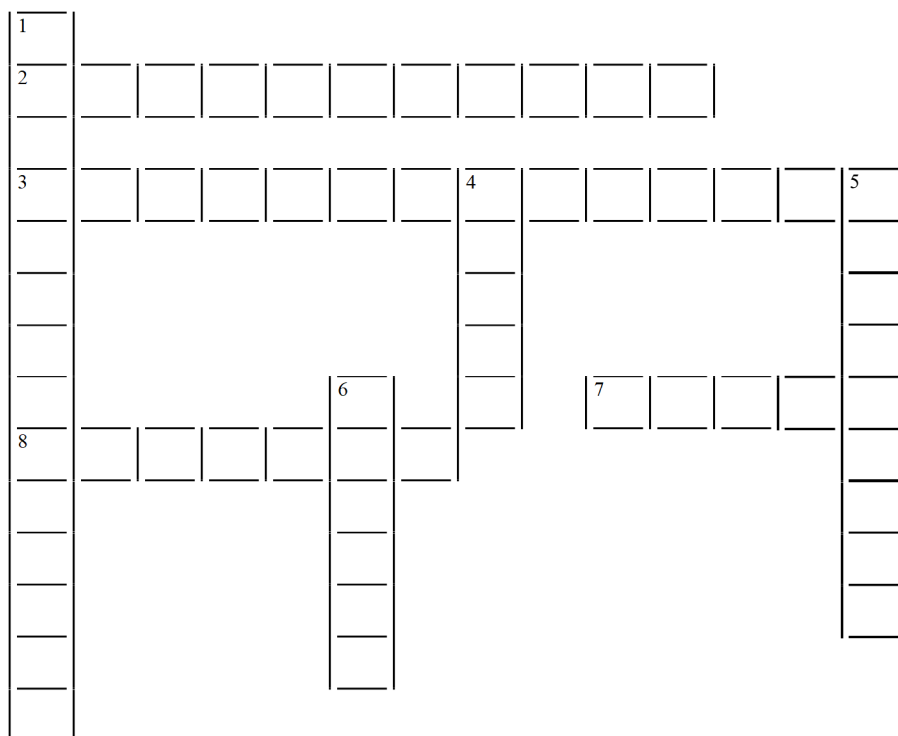
	Without this key mineral, metabolism of carbohydrate, protein and fat would be significantly compromised. Animal protein is one of the best sources of this nutrient, and among the choices, pork is tops.
	A component of more than 70 enzymes, this nutrient is a key player in energy metabolism and the immune system.
	Helps build red blood cells and metabolize carbohydrates and fats.
	This mineral, also known as an electrolyte, plays a major role in water balance and helps maintain normal blood pressure.
	Strengthens bones and generates energy in cells.
	Important for the normal function of many enzymes in the body and involved in the metabolism of sugars and fatty acids.
	Important for the normal function of many enzymes, glucose and muscle action.
	Important for the normal function of enzymes and co-enzymes, which are needed to metabolize protein, carbohydrates and fats. Plus, it plays a critical role in the regulation of glycogen (stored carbohydrates) metabolism.
	Next to milk, there are few foods that have as much of this nutrient per serving as pork. It plays an important role in the release of energy from foods.
A	Without this nutrient many people, especially women, can develop anemia.

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Activity #2

Digestive System. Use Chapter 7 in your Swine Resource Handbook to fill out this crossword puzzle.

Pig Digestive System



ACROSS

- 2** This means it is simple stomached, or has one stomach
- 3** All the final nutrients are removed in this large tract
- 7** Digestion of food begins here in both pigs and humans
- 8** Digestive _____ help break down the feed components

DOWN

- 1** This is where the food is broken down into smaller parts for easier absorption
- 4** They grind up the food into smaller bits
- 5** A long tube that carries the feed from mouth to stomach
- 6** Where material is removed from the body

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Activity #3

Nutrition. Use chapter 8 in your Swine Resource Handbook to answer the following questions about nutrients. Be sure to write legibly or your answer will be counted wrong.

1. What is the most essential and cheapest of all nutrients?
2. Proteins are composed of 20 of these.
3. These are needed by a pig for the formation of muscle and other body proteins.
4. Energy is the result of the metabolism of what nutrient?
5. What is the main source of energy in a pigs diet?
6. Calcium, phosphorus and salt are examples of what component of a pig's diet?
7. These compounds assist the body in using other nutrients.
8. For each vitamin listed, describe where it is found and what it does for the pig.

Vitamin	Where it is found	What it does	Fat or Water soluble?
A			
D			
E			
K			
B vitamins			