GLOBAL ENGLISH SCHOOL, AL AIN

GRADE 2 SCIENCE DAY 1 WEEK 8

NAME: _____ DATE: _____

Objective: I can state why animals, including humans need the right types of nutrients.

Modelling: FOOD GROUPS

Dairy products are good for us because they give us calcium.

Meats and proteins
Meats are important sources of protein, iron and zinc.

Fats and sugars
Its fine to eat these foods in moderation but don't over indulge! Fats can provide us with essential fatty acids, which help our nerves to work properly. Fish oils are very good for this.

Fruit and vegetables
Eating fruits and vegetables helps to keep you healthy. Fruit and vegetables provide our bodies with fibre, vitamins and minerals.
Fibre helps to keep our digestive system working by helping our food to move through our system.

Cereals and grains
These foods are fuel foods and provide us with the energy we need for physical activity and bodily functions. They do this by supplying our bodies with carbohydrates.

Task 1: Draw a line to match the food group with good sources.

1.	Carbohydrates	a.	Fish, meat, eggs and dairy products.
2.	Lipids (fats)	b.	Fruits and vegetables.
3.	Protein	c.	Salt, milk and liver.
4.	Vitamins	d.	Cereals, bread, rice and pasta.
5.	Minerals	e.	Butter, oils and nuts
6.	Fibre	f.	Bran and vegetables

LIVEWORKSHEETS

Task 2; Write the job each group does in human body.

How does food help us?

- Fruit and vegetables contain minerals and vitamins. They stop us becoming poorly.
- Milk and dairy foods contain calcium. It helps our bones, teeth and nails to grow.
- Meat and fish contain protein. It helps our body to grow and repair itself.
- Bread, cereals and potatoes contain fibre and carbohydrates. This helps us to digest our food.
- Fatty and sugary foods contain fat. They give us energy, but only in small amounts.

NUTRIENT	*EXAMPLES*	*WHAT IT DOES/THEY DO*
Carbohydrates		
Vitamins		
Minerals		
Fibre		
protein		
Water		

Challenge: Prepare a healthy meal for your family.

Be sure to include the different types of nutrients.

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LIVEWORKSHEETS