

# 5TH GRADE - SCIENCE

## FOOD AND HEALTH

### INTERACTIVE WORKSHEET 01

I. Look at the pictures of the food items given below and name the sources (plant or animal) from which they are obtained.

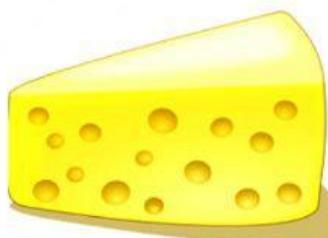
Animal/Plant

Plant

Animal



Orange Juice



Cheese



Bread

II. Components of food.

Carbohydrates

Proteins

Macronutrients

Vitamins

Fats

Micronutrients

1. Carbohydrates, proteins and fats are called .
2. Vitamins and minerals are called .
3.  are the main source of energy for our body.
4.  also provide energy to the body.
5.  help in the growth and repair of tissues.
6.  are required in small amounts to keep our body fit and protect it against diseases.



# AIMS-INDIA

