

NAME: _____ DATE: _____

FOOD GROUPS

1. Write the word TRUE or the word FALSE after each of these sentences.

a Carbohydrates contain a store of energy. _____

b Proteins are used for growth and repair. _____

c Meat contains no protein. _____

d Fats can be used to store energy. _____

e. Too much fibre causes constipation. _____

f. Vitamins and minerals are needed in large amounts. _____

2. Drag the words from the box and place them on the appropriate lines to correctly complete the sentences below.

CONSTIPATION	DEHYDRATION	DIET	ENERGY	FATS
MINERALS	NUTRIENTS	REPAIR	SUBSTANCES	WATER

What we eat is known as our _____. Our food provides a source of simple materials to make new _____.

These new substances are used for:

- _____ (to help us to move, etc.)
- growth and _____
- health.

Carbohydrates, proteins, _____, vitamins and _____ are all _____ which means that they provide raw materials.

We also need to eat fiber to prevent _____ and to drink lots of _____ daily to prevent _____.