

AL-REEYADA INTERNATIONAL SCHOOL
MAHASSEN ARAMCO, AL-AHSA, KINGDOM OF SAUDI ARABIA

FIRST TERM
GRADE-5 SCIENCE

LIVEWORKSHEET ACTIVITY

Direction: Identify and write whether it is CARBOHYDRATES, FATS, or PROTEINS from the following images.

1. _____ **Honey**



2. _____ **Olive oil**



3. _____ **Chicken**



4. _____ **Sugarcane**



5. _____ **Beef meat**



Directions: Identify the following statement either it is Energy-giving foods or Body-building foods.

Write your answer letter A, if it is energy-giving foods, and letter B, for body-building foods.

_____ 1. Which foods help your body stay warm?

_____ 2. Which foods give your body energy?

_____ 3. Which foods help you to gain muscle?

_____ 4. Which foods help your body to grow?

_____ 5. Which foods help your body to make blood and maintain good skin?