



AL-REEEYADA INTERNATIONAL SCHOOL
MAHASEN 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?**