

Name:

Grade:

Nutrients

Read each statement carefully. Write true if the statement is true and false if it is false.

1. _____ Proteins are our main source of energy.
2. _____ Anemia is due to a lack of iodine.
3. _____ People need nutrients to survive.
4. _____ Nuts and beans are examples of incomplete proteins
5. _____ The MyPlate is an updated version of the Food Pyramid.
6. _____ Water soluble vitamins include vitamin A, D, E and K.
7. _____ Our food drum recommends that we choose a variety of foods daily
8. _____ There are four main types of nutrients.
9. _____ Fats are a source of energy.
10. _____ We can obtain water from fruits, vegetable and beverages.
11. _____ Nutrients are chemicals the body needs.
12. _____ Calcium is a carbohydrate.
13. _____ A lack of iodine will led to goitre.
14. _____ Good health requires a balanced diet.
15. _____ The sun is a non-food source of Vitamin B.

