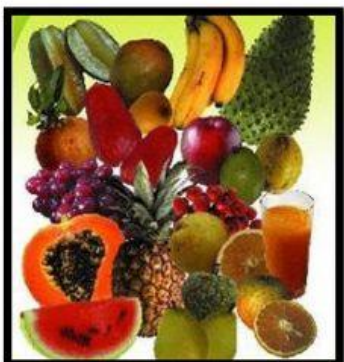


Name: _____

Form: _____

Nutrition

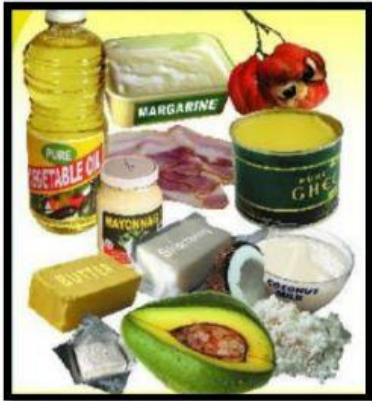
A. Write the name of the Caribbean food group represented in each picture in the space given.













B. Use the words from the list provided to create the following meals for a day of balanced nutrition (use any item only once):

Bacon	Baked potato	Apple	Jolly ranchers
Peanuts	Tortilla chips	Burger	Baked chicken
Macaroni pie	Orange	TeaTime Biscuits	Pizza
Broccoli	Whole wheat toast	Grilled fish	Scrambled eggs
Fried wings	Chips	White flour pancake	Steamed vegetables

Breakfast - _____

Lunch - _____

Dinner - _____

Snack - _____

C. Match the term to its definition.

TERM

DEFINITION

Meal

Food with little nutritional value

Junk food

Consuming nutrients in correct proportions

Balanced diet

Food consumed at a particular time of day

D. Fill in the table with the nutrient, its source or the effect of its deficiency:

NUTRIENT	SOURCE	EFFECT OF DEFICIENCY
_____	Meat	Kwashiorkor
Water	_____	Dehydration; Fatigue
Vitamin C	_____	_____
_____	Sunlight	_____