COMPONENTS OF FOOD WORKSHEET

GRADE – 6 SCIENCE

FILL IN THE BLANKS:-

A. _____ are useful substances that our body needs in order to grow and stay healthy.

B. Carbohydrates provide us _____

C. _____ help us to grow.

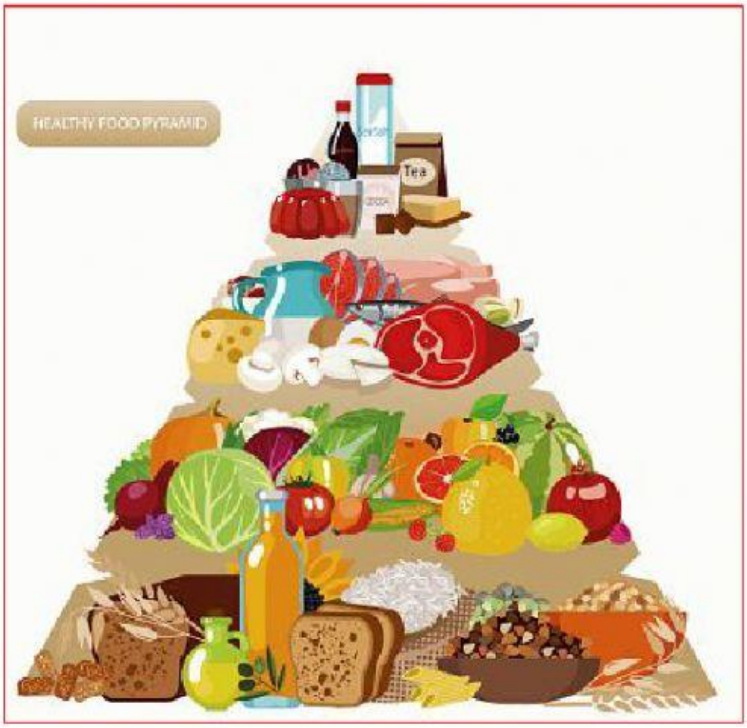
D. _____ contain much more energy than carbohydrates.

E. _____ keeps our eyes and skin healthy.

F. _____ is the mineral that makes our bones and teeth strong.

G. Food rich in vitamins and minerals are called _____.

H. Cooking in too much water destroy _____.



LIVEWORKSHEETS