

October Natural Science Exam

Join the words with its definition.

Minerals

Fats

Vitamins

Protein

Carbohydrates

provides the building blocks of the body, and not just for muscle. Every cell, from bone to skin to hair, contains...

are necessary for a healthy body. Carbs fuel your body, especially your central nervous system and brain, and protect against disease.

supports many of your body's functions such as vitamin and mineral absorption, blood clotting, building cells, and muscle movement.

help support the body. They're essential for many body functions, including building strong bones and teeth, regulating your metabolism, and staying properly hydrated. Some of the most common minerals are calcium, iron, and zinc.

are vital for warding off disease and staying healthy. The body needs these micronutrients to support its functions. There are 13 essentials for the body to function properly, including vitamins A, C, B₆, and D.

Put the correct name on the well-eating plate

Animal
produce

Fruits

Legumes

Vegetables

Cereals

