

# GENERAL SCIENCE WORKSHEET

## Food and Nutrition

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

**INSTRUCTIONS:** Please answer all of the following questions.

1. What is food and why is it important?

\_\_\_\_\_

2. Food nutrients are \_\_\_\_\_ found in the food we eat.

3. Write one of the correct food nutrients in each blank space below.

Vitamins   Proteins   Carbohydrates   Fats   Water   Minerals   Fiber

- a) \_\_\_\_\_ is/are found in all foods and is used by the body to carry out all cellular functions (jobs). You should take it about 6-8 times a day.
- b) \_\_\_\_\_ is/are used by the body to make energy, keep warm, protects the internal organs, and cushion our eye sockets, finger tips and toes.
- c) \_\_\_\_\_ is/are used to make energy.
- d) \_\_\_\_\_ is/are needed by the body for growth and repair.
- e) \_\_\_\_\_ is/are needed by the body for growth and repair. They are found in foods and rocks.
- f) \_\_\_\_\_ is/are needed by the body for growth, repair, and to keep the body working properly. They have names like A, B, C, and D.
- g) \_\_\_\_\_ provides roughage for the body.