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.

LIVEWORKSHEETS