

### P6 test sheet

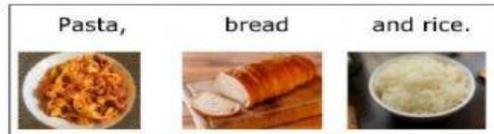
**Complete the sentences with words from the box**

- 1) Help to build **strong bones and teeth**.....
- 2) Give us **quick energy**.....
- 3) Help to **build our blood**.....
- 4) Help our **body grow**.....
- 5) Help us stay **fit and healthy**.....
- 6) Help to send out **waste**.....
- 7) Give us **energy for future use**.....

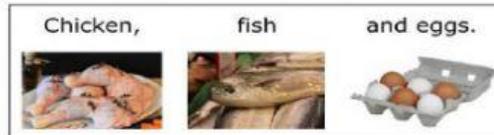
- Fats,
- Vitamins/Minerals
- Protein
- carbohydrates
- Fibers
- Calcium
- Iron

**Match the food to the nutrients it provides.**

Proteins •



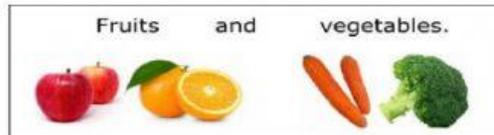
Carbohydrates •



Vitamins •



Minerals •



Fats •



Water.



