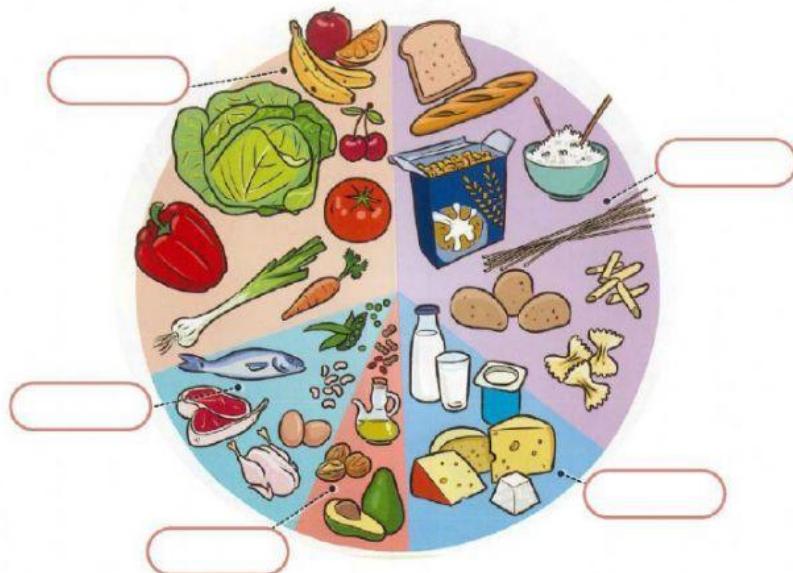


Name:

Science Assessment

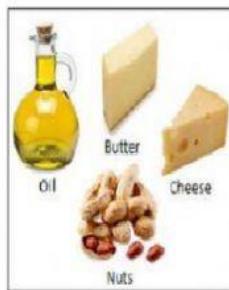
# FOOD GROUPS

ONE. Complete the boxes with the food group..



## THE NUTRIENTS IN FOOD

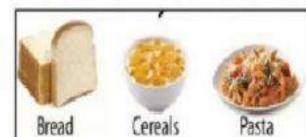
1. Match each food to the nutrient it contains.



carbohydrates



fats



proteins



vitamins and minerals

## NUTRIENTS

**READ,** Drag and drop:

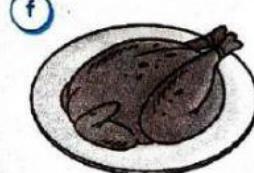
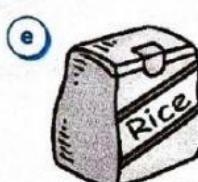
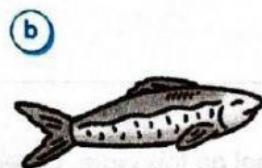
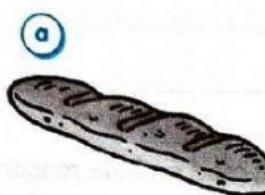
Carbohydrates	Proteins	Minerals	Vitamins	Fats and sugars
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These nutrients give you extra energy.	
These nutrients keep you healthy. Calcium helps to keep your bones and teeth strong.	
These nutrients help your body to grow and repair.	
These nutrients give you energy	
These nutrients help your body to keep healthy.	

NUTRIENT	WHAT IS IT GOOD FOR?	WHAT FOOD GROUP CONTAINS IT?	EXAMPLES OF FOODS
PROTEINS			
CARBOHYDRATES			
FATS			

1 What is the main nutrient (food substance) that each of these foods provides? Write the nutrient under the picture. You will need to use each word twice.

carbohydrate protein fat



Choose the correct answer for each **vitamin**

