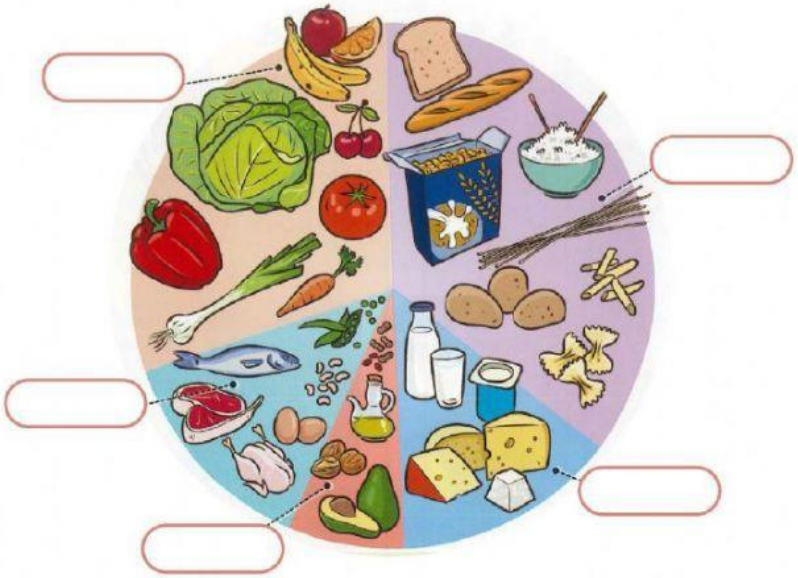
Name:

Science Assessment

FOOD GROUPS

ONE. Complete the boxes with the food group..



LIVEWORKSHEETS

LIVEWORKSHEETS

THE NUTRIENTS IN FOOD

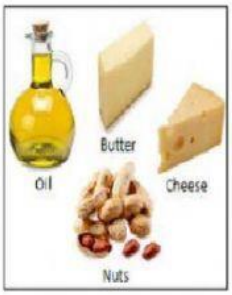
1. Match each food to the nutrient it contains.

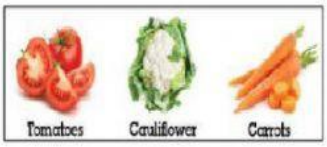
carbohydrates

fats

proteins

vitamins and minerals





NUTRIENTS

READ, Drag and drop:

Carbohydrates	Proteins	Minerals	Vitamins	Fats and sugars

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.	

LIVEWORKSHEETS LIVEWORKSHEETS

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

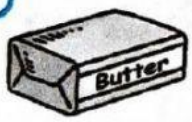
1 **What is the main nutrient (food substance) that each of these foods provides? Write the nutrient under the picture. You will need to use each word twice.**

carbohydrate protein fat

a

b

c

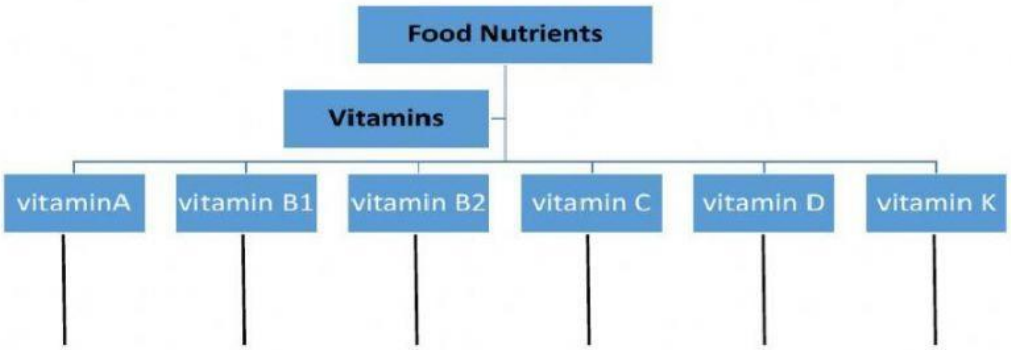
d 

e

f

LIVEWORKSHEETS LIVEWORKSHEETS

Choose the correct answer for each **vitamin**



LIVEWORKSHEETS
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