

Natural Science • Unit 2: Nutrition

How to do this worksheet:

1. Read one short part at a time.
2. Say the key words aloud.
3. Answer after each mini-task.
4. Check your work at the end.

A. Start here

Circle the correct answer.

1. **Nutrition is only eating.** True / False
2. **We need oxygen to make energy.** True / False
3. **Water helps the body.** True / False

B. The process of nutrition

Body system	What it does
Digestive system	It breaks down food into smaller parts.
Respiratory system	It brings oxygen into the body.
Circulatory system	It transports nutrients and oxygen in the blood.
Excretory system	It removes waste.

1. Match.

- a. digestive system ____ removes waste
- b. respiratory system ____ transports nutrients and oxygen
- c. circulatory system ____ breaks down food

d. excretory system _____ brings oxygen

2. Put the steps in order: 1, 2, 3, 4.

___ The circulatory system transports nutrients and oxygen.

___ The digestive system breaks down food.

___ The excretory system removes waste.

___ The respiratory system brings oxygen.

C. Types of nutrients

Nutrient	Main job	Examples
Carbohydrates	Give the body energy.	whole grains, vegetables, candy
Fats	Give energy and protect organs.	nuts, seeds, fish
Proteins	Build and repair tissues.	eggs, fish, beans, nuts
Vitamins	Help the body work well.	fruit and vegetables
Minerals	Help bones, muscles and organs.	dairy, meat, plants, salt
Water	Carries nutrients and helps control temperature.	water

1. Choose the correct answer.

Carbohydrates give us _____.

Proteins build and repair _____.

Water helps control body _____.

2. Write C, P, V, M or W.

___ eggs and fish
___ fruit and vegetables
___ dairy for bones
___ whole grains for energy
___ helps carry nutrients

D. Healthy eating plate

- 1/2 plate = **fruits and vegetables**
- 1/4 plate = **whole grains**
- 1/4 plate = **protein**
- **Drink water** instead of sugary drinks

1. Complete the sentences.

Half of the plate is _____ and _____.

One quarter of the plate is _____.

One quarter of the plate is _____.

We should drink _____.

E. Nutrition facts labels

Label part	Meaning
Serving size	The amount of food the information is based on.
Calories	The energy in one serving.
Ingredients list	The ingredients from most to least.
Nutrient values	Information about sugar, fat, protein and vitamins.

1. Match each part to its meaning.

1. Serving size _____
2. Calories _____
3. Ingredients list _____
4. Nutrient values _____

F. Reading

Nutrition is a team job inside the body. First, the digestive system breaks down food. Next, the respiratory system brings oxygen into the body. Then, the circulatory system carries nutrients and oxygen in the blood to all the cells. Finally, the excretory system removes waste. Our body also needs different nutrients. Carbohydrates give us energy. Proteins help build and repair tissues. Vitamins and minerals help the body stay healthy. Water is important because it carries nutrients and helps control temperature. To eat well, we can use the Healthy Eating

Plate and read food labels.

Reading questions

1. Which system brings oxygen into the body?

2. What do proteins do?

3. Name one healthy eating tool.

G. Mini writing

Write 4 lines. Use the word box.

Word box: healthy | water | vegetables | protein | energy | body

Topic: How can we eat in a healthy way?

H. Exit ticket

Finish the lesson with these 4 quick answers.

1. The digestive system breaks down _____.
2. The circulatory system transports nutrients and _____.
3. Proteins build and repair _____.
4. We should drink _____ instead of sugary drinks.