NAME:_____CLASS:_____

SCIENCE YEAR 4

A. Fill in the blank

Carbohydrates	Proteins	Vitamins	Minerals	Fats
Sugar	Water	Fibre	Energy	Calcium
Iron	Healthy	Fruits	Vegetables	Balanced diet

1. _____give us energy to work, play and learn.
2. _____help our body grow and repair damaged cells.
3. Fruits and vegetables are good sources of _____.
4. _____help our body grow and work properly.
5. _____helps make our bones and teeth strong.
6. _____helps our blood carry oxygen around the body.
7. We need some _____to give our body energy.
8. Eating too much _____can cause tooth decay.
9. We should drink plenty of _____to stay hydrated.
10. _____helps keep our digestive system healthy.
11. Rice, bread and potatoes are good sources of _____.
12. Chicken, fish and eggs are good sources of _____.
13. Eating a variety of foods helps us have a _____.
14. We should eat plenty of _____and vegetables to stay healthy.
15. A _____body needs the right amount of different nutrients.

LIVEWORKSHEETS