

Name _____ No. _____ Grade 4/ _____

Write "Proteins", "Carbohydrates", "Vitamins", "Minerals" and "Fats".

1. Rice = _____
2. Noodles = _____
3. Tofu = _____
4. Seafoods = _____
5. Wheat = _____
6. Animals' internal organs = _____
7. Margarine = _____
8. Fish = _____
9. Taro roots = _____
10. Nuts = _____

Name the 5 basic food groups.



1. _____



2. _____



3. _____



5. _____



4. _____