



Food and Nutritive Substances

Science – Grade 5

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 **LIVEWORKSHEETS**

1- **Choose (C)** for foods rich in carbohydrates, **(L)** for foods rich in lipids, and **(P)** for foods rich in proteins, and **(V)** for foods rich in vitamins.

Fish _____	Olive _____	Broccoli _____	Chocolate _____
Almond _____	Beans _____	Bread _____	Orange _____

2- **Match** the following foods according to their **role**.

Eggs - meat

Lemon - kiwi - pineapple

Butter - potatoes – Olive oil – walnuts – rice

Builder foods

Energetic foods

Protective foods

3- Click on the correct answer.

a- Which nutritive substance is chicken rich in?

⇒ Carbohydrates

⇒ Proteins

⇒ Vitamins

b- Fruits are rich in

⇒ Carbohydrates

⇒ Lipids

⇒ Vitamins

c- Which nutritive substance provides our body with energy?

⇒ Carbohydrates

⇒ Proteins

⇒ Vitamins

d- The foods that help our body build muscles and grow are rich in

⇒ Carbohydrates

⇒ Proteins

⇒ Vitamins

4- Choose the right correction of the following statements.

a- Eating one kind of food is enough to stay healthy.

b- Proteins and lipids are protective foods .

5- Complete

a- A food is placed on a paper, a **translucent spot** appears on the paper. This shows the presence of _____ in this food.

b- The food is heated, it **coagulates** under the effect of heat. This shows the presence of _____ in this food.