

Food and your body

1. Write T if the statement is true and F if the statement is false.

- a. Fish, chicken and beef are examples of carbohydrates. ()
- b. You should not eat too much food high in fats and sugar to keep your body healthy. ()
- c. Vitamin A keeps your eyes and skin healthy. ()
- d. When you have a healthy diet, you have little energy and cannot do work. ()
- e. Shellfish and dark green vegetables are a good source of iron. ()

2. List 3 examples of food group below:

a) Vitamin C

i. _____

ii. _____

iii. _____

b) Calcium

i. _____

ii. _____

iii. _____

c) Protein

i. _____

ii. _____

iii. _____

3. Cut and paste the ways food helps the body under the correct food group.

Carbohydrates	Protein	Vitamins		Minerals		Fats and sugars	Water	Roughage
		Vitamin A	Vitamin C	Iron	Calcium			

For growth	Needed for healthy blood	Helps move food through digestive system	Keeps teeth, gums and muscles healthy	Help build strong bones and teeth	To repair damage to the body	Replace water lost when breathing and perspiring (sweating)
Help keep skin and eyes healthy	Help body to heal when sick or injured	Helps remove waste from body	To build strong muscles	Gives body energy to do daily activities	Provide body with energy	