

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 | | | |
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|---------------------------------|--|--|---------------------------------------|--|------------------------------|---|
| 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 | |