

MATCHING NUTRIENTS ACTIVITY - Worksheet

Draw a line to match up each nutrient with the description on the left which best describes its role.

These do most of the repair work to our body cells and they also help us grow. They are found in eggs, milk, meat, poultry, fish and cheese.

Vitamins and Minerals

These are found in all sorts of foods. They are only needed in small amounts but they are extremely important. They are found in fruit, vegetables, eggs and milk.

Carbohydrates

These give us most of our energy. They are found in bread and potatoes.

Proteins

This helps to keep our digestive system healthy and is found in vegetables, cereals, grains and fruits.

Fats

These give us energy and help keep us warm. They are found in butter and meat.

Fibre

GAME

TRUE/FALSE QUIZ

	TRUE	FALSE
1. Carbohydrates are a good source of energy	☐	☐
2. Raw foods should be stored above cooked foods in the fridge	☐	☐
3. Too much alcohol can have a bad effect on your liver	☐	☐
4. You must take a form of exercise at least twice every day for one hour each time	☐	☐
5. It is best to eat a variety of foods	☐	☐
6. Always wash your hands before preparing food	☐	☐
7. Eggs should be eaten before the sell-by-date	☐	☐
8. Vitamins easily turn into fat	☐	☐
9. Rubbish bins should be emptied before you go on holiday	☐	☐
10. Your heart beats more slowly during exercise	☐	☐

MORE TO EXPLORE

Digesting Food

Give pupils something to chew and swallow. Discuss with the class what happened while they were doing this. Give pupils a brief explanation of what occurs inside the body. Use a diagram if possible.

Ask the children to fill in the missing words on the worksheet.

HOW WE DIGEST OUR FOOD - Worksheet

- We _____ our food to break it down into small bits.
- We produce _____ to help us swallow our food.
- The small bits of food go down a tube into our _____
- The food that is not absorbed then moves to our _____
- Anything that is still not digested moves to the _____ where it stays until we go to the toilet.

WORDS

small intestine

stomach

chew

large intestine

saliva