

Food and Nutrition: Carbohydrates & Protein Review

1. Use the words provided to complete the paragraph below.

| | | | |
|-----------------|------------------|----------------------|----------------|
| vitamins | thirsty | carbohydrates | fuel |
| water | necessity | eat | balance |
| drink | immune | proteins | |

We _____ and drink when we are hungry and _____. Food is a _____ of life. We can not live healthy lives unless we eat. We should always try to eat a _____ diet. Food acts as _____ to our bodies by providing energy, repairing and growing cells and building our _____ systems from catching colds and other infections. Carbohydrate gives our bodies _____ and _____ helps to grow and repair our bodies.

2. Write the names of two foods which are rich in carbohydrates.

a. _____

b. _____

3. Write the name of the foods which are rich in protein in the space provided below.

Kidney beans



Apples



fish



Eggs



pasta



Chicken


