Worksheet: Introduction to Nutrition

Match each phrase in Column A with the correct word from Column B by writing the correct letter on the line. [1 point each]

		Column A		Column B
_____	1	Foods that keep the body functioning properly are called this	A	Diet
_____	2	The process of obtaining and using food	B	Food
_____	3	Substances found in food for growth and proper functioning	C	Healthy
_____	4	The different foods a person eats	D	Nutrients
_____	5	Anything a person consumes that has nutrients in it	E	Nutrition

For each food below, choose healthy or unhealthy from the drop down menu to correctly classify it. [1 point each]

6 

_____

9 

_____

12 

_____

7 

_____

10 

_____

13 

_____

8 

_____

11 

_____

14 

_____

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15. There are 6 essential nutrients needed by the human body. Name the 6 nutrients needed by the body. The first letter of each nutrient has been given to help you. [1 point each]

C _____

F _____

M _____

P _____

V _____

W _____

16. State TWO reasons why food is needed by the body. [1 pt each]

1. _____

2. _____

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