

Name.....class..... no.....

P6 test sheet

Complete the sentences with words from the box

- 1) Help to build **strong bones and teeth**.....
- 2) Give us **quick energy**.....
- 3) Help to **build our blood**.....
- 4) Help our **body grow**.....
- 5) Help us stay **fit and healthy**.....
- 6) Help to send out **waste**.....
- 7) Give us **energy for future use**.....

Fats,
Vitamins/Minerals
Protein
carbohydrates
Fibers
Calcium
Iron

Match the food to the nutrients it provides.

Proteins •



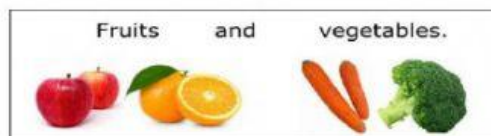
Carbohydrates •



Vitamins •



Minerals •



Fats •



Water.



