Name: _____. Date: _____

Food and Your body

Four group of food:

FOOD PYRAMID

Fats and sugar — 5% Fat, oil, Sugar

20% Mead,Eggs — Protein

vitamins — 35% Fruit, Vegetables

40% Bread, Cereals — carbohydrate
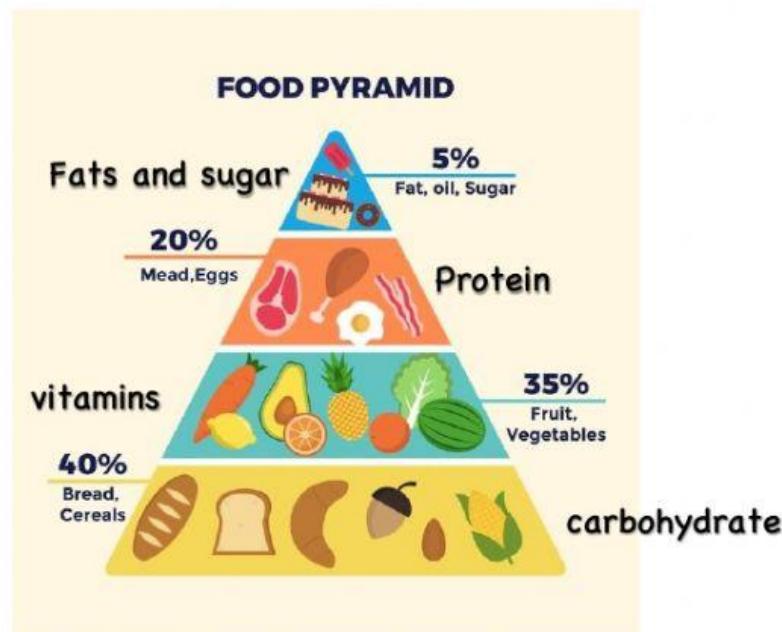
A. Use the words below to answer the questions

1. _____ : Examples – bread, noodles, rice, pasta and potatoes.

2. _____ : Examples – soy beans, fish, chicken, beef, milk, cheese

3. _____ : Examples – egg and milk

4. _____ : Examples – fruits and vegetables

5. _____ : Examples – Butter and oil

B. Go, Grow, Glow food

Go food : Give energy (carbohydrates)

Examples of food: _____

Grow food: for growth and repair damage (Protein)

Examples of food: _____

Glow food: for healthy skin eyes and teeth (vitamins)

Examples of food: _____

C. Choose the correct food using the answers below

1. Balanced diet contains the right types and right amount of food.

   For example: _____

2. Unbalanced diet contains too many unhealthy food for example too much

   sugar, oily or salty food.

   For example: _____

3. Too much sugar in blood can cause **diabetes**.

4. Unbalanced diet can cause **obesity**.

5. Roughage helps to **prevent constipation**.

   For example: fruits and vegetables, bread and cereals

TYPES OF TEETH

Teeth

Canine | Incisor | Canine
Premolar | | Premolar
Molar | | Molar
Premolar | | Premolar
Canine | Incisor | Canine

TYPES OF TEETH
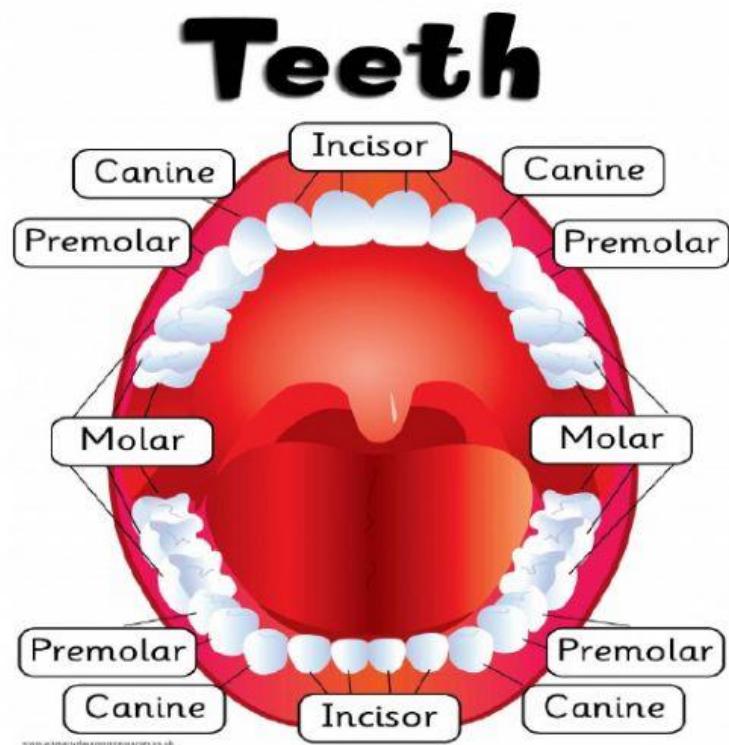
Incisor   **Canine**   **Premolar**   **Molar**
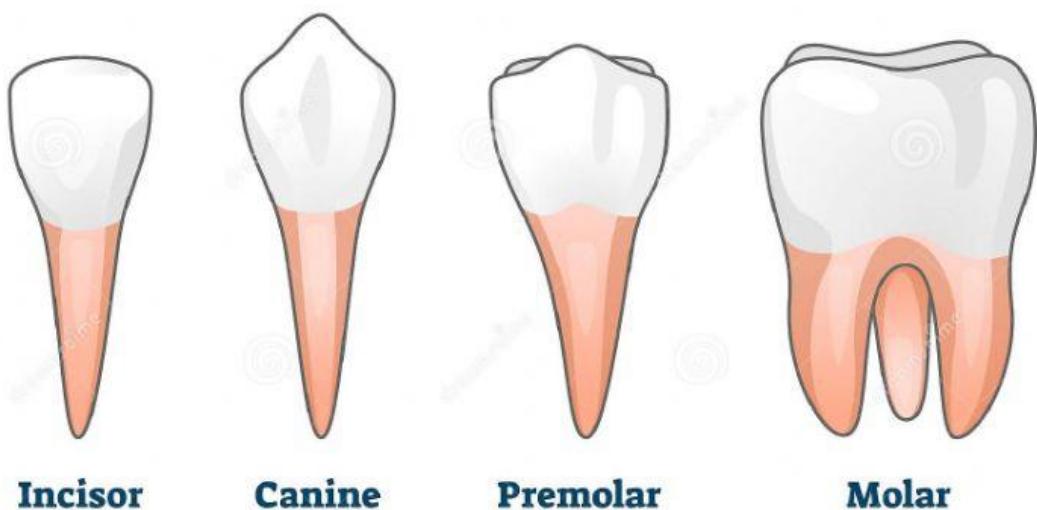
Types of teeth and its functions.

1. Incisors is used to _____

2. Canine is used to _____

3. Molars and premolars are used to _____

Parts of a tooth

Crown —

Root —

— Enamel

— Gum

— Bone
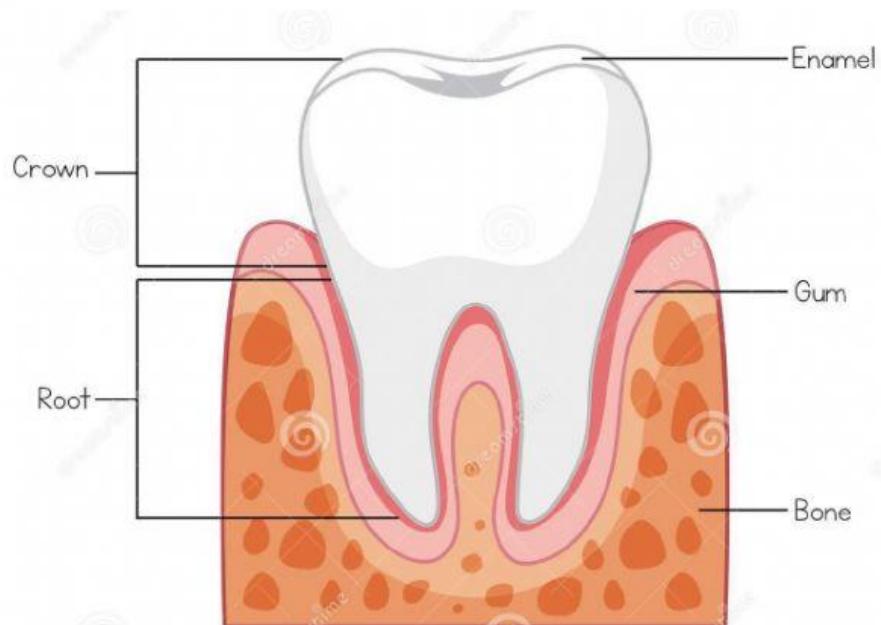
Tooth decay

1. How to prevent tooth decay?