

## FOOD AND DIGESTION

## WORKSHEET –I

I. Match the food to the nutrient it contains.



PROTEINS



CARBOHYDRATES



FATS



VITAMINS, MINERALS

II. Choose the correct nutrient to complete the definition.

1. Carbohydrates are  nutrient.

2. Proteins are  nutrient.

3. Minerals and Vitamins are  nutrients.

4. Fats are  nutrient.

III. Drag and drop the foods and their nutrients.



CARBOHYDRATE

PROTEINS

CARBOHYDRATE

FAT

VITAMINS, MINERALS

IV. Write the main nutrient contained in the following food.



