

## AL REEYADA INTERNATIONAL SCHOOL

### Holiday Homework

#### I. Directions:

#### A. Identify the appropriate nutrients from the following images.



#### B. Identify the appropriate Food preservation from the following images.



## **II. Select the correct function of the following nutrients and non-nutrients.**

**1. Fibre:** \_\_\_\_\_

**2. Fats:** \_\_\_\_\_

**3. Carbohydrates:** \_\_\_\_\_

**4. Proteins:** \_\_\_\_\_

**5. Vitamins and Minerals:** \_\_\_\_\_

**6. Water:** \_\_\_\_\_