Interactive work sheet **Biology** **Grade 8**

Healthy Diet

Q1 We need to eat food for _____, growth, repair and good health

- dairy products
- potatoes
- pasta
- energy

Q2 Foods contain _____ (carbohydrates, fats, proteins, minerals and vitamins)

- meat
- constipation
- nutrients
- intestines

Q3 Different foods contain _____ of nutrients

- different amounts
- fat
- intestines
- protein

Q4 A _____ contains the right amounts of nutrients that you need.

- fibre
- fat
- balanced diet
- energy

Q5 _____ are needed for energy

- constipation
- vegetables
- carbohydrates
- nutrients

Q6 Carbohydrates are found in bread, _____, cereals, potatoes and rice

- pasta
- more sugar
- energy
- vitamins and minerals

Q7 There are two types of carbohydrates (_____ and sugar)

- nutrients
- kilojoules
- vitamins and minerals
- starch

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Q8 Starch is found in bread, pasta, cereals, _____ and rice

- potatoes
- kilojoules
- balanced diet
- meat

Q9 Sugar is found in most foods, but some foods contain _____ (cakes, sweets, biscuits)

- carbohydrates
- fat
- more sugar
- potatoes

Q10 Carbohydrates are used by the body for energy but if _____ is eaten the body turns it into fat

- dairy products
- kilojoules
- meat
- too much carbohydrate

Q11 The energy a food contains is found on the packet and is measured in _____.

- balanced diet
- pasta
- carbohydrates
- kilojoules

Q12 _____ is needed as a long term energy store

- meat
- fat
- potatoes
- fibre

Q13 Fat is also needed for _____ under your skin to keep you warm

- insulation
- too much carbohydrate
- vegetables
- intestines

Q14 Fat is found in _____ (milk, cheese, butter).

- starch
- dairy products
- fibre
- kilojoules

Q15 _____ is needed for growth and repair

- carbohydrates
- different amounts
- protein
- potatoes