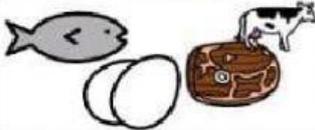




DAILY TEST
SD EMIRATTES ISLAMIC SCHOOL
Academic Year 2020 – 2021

SCIENCE

A. DRAW A LINE ACCORDING TO THE CORRECT ANSWER !

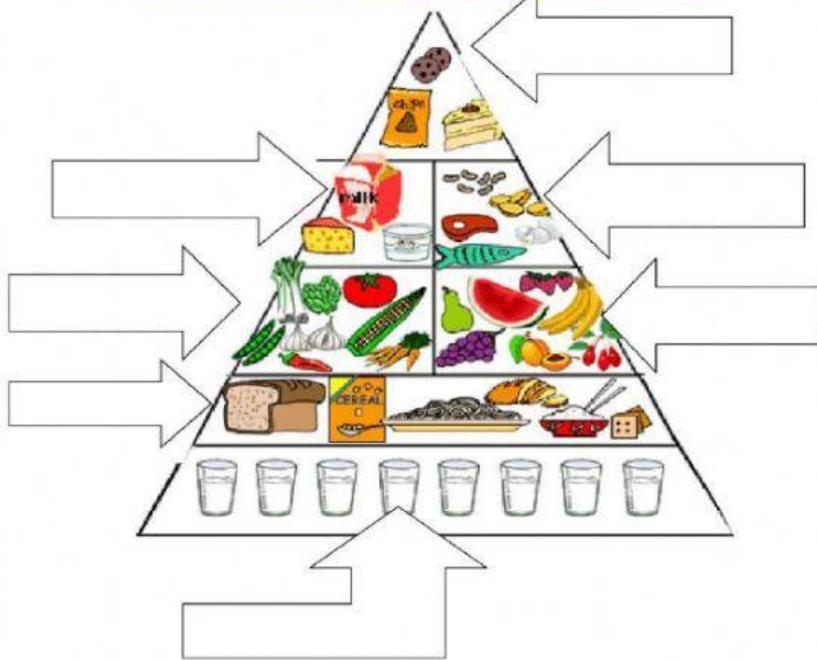
Type of Food Group	 Function	 Examples
Carbohydrates	Helps your body work properly	
Protein	Needed for chemical reactions in our body	
Vitamins & Minerals	Helps your body grow and repair itself	
Fats and Oils	Acts as an energy store	
Fibre	Gives you energy	
Water	Cleans our digestive system	

B. LOOK THE FOOD PYRAMID BELOW !

FOOD PYRAMID

Complete the FOOD PYRAMID with the seven main food groups:

HEALTHY LIVING PYRAMID



Milk,
Yogurt &
Cheese

Fats, Oils
& Sweets

Water

Meat,
Fish &

Cereals

Vegetables

Fruit