



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	
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. DRAW A LINE ACCORDING TO THE CORRECT ANSWER !

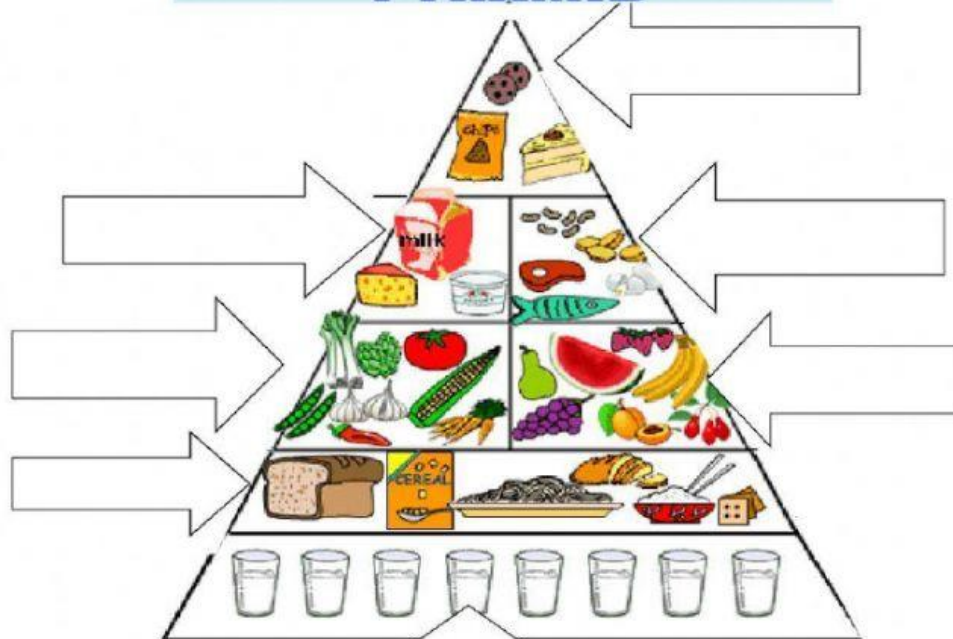
Type of Food Group		Examples
Carbohydrates		
Protein		
Vitamins & Minerals		
Fats and Oils		
Fibre		
Water		

C. 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

Meat,
Fish &

Vegetables

Water

Cereals

Fruit