

Name : _____ Date _____

Topic Nutrients, Food Pyramid and Sandwiches

1. Yogurt and cheese belong to which group? _____

2. Broccoli is a part of which group _____

3. Candies and donuts are a part of which group. _____

Name the deficiency for each nutrient. Use the words below to assist.

4. Vitamin A _____

Rickets, Night Blindness

5. Vitamin D _____

Goiter, Rickets

6. Iodine _____

Scurvy, Goiter

Name the parts of a Sandwich.

7. _____ 8. _____

9. _____

