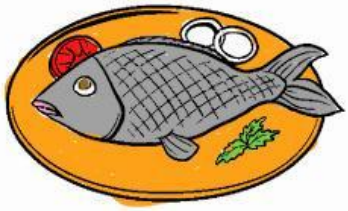
HOW IS FOOD CLASSIFIED?

1. Classify the food in the table according to where it comes from. Remember you must classify the food starting from the first row from left to right and then continue with the next row.

cereals	fish	eggs	salt	vegetables	meat	water	milk	fruit

ANIMAL ORIGIN	PLANT ORIGIN	MINERAL ORIGIN

2. Look at the pictures and write animal, plant or mineral.



LIVEWORKSHEETS

3. Match to make sentences about the food functions:

ENERGY FOOD

It provides us with materials to grow and repair tissues.

BODY-BUILDING FOOD

It provides us with nutrients that make our bodies work correctly.

REGULATING FOOD

It provides us with energy for doing physical activities and for thinking.

LIVEWORKSHEETS