

INSPIRED TOTS EARLY LEARNING CENTER

SECOND TERM CONTINUOUS ASSESSMENT 2024/2025.

NAME: _____

DATE: _____

Agric science

2nd Grade

1. What are fats?

a. people who are fat b. people who eat a lot c. food that gives your body extra energy

2. _____ are chemical compounds in food that are used by the body to function properly and maintain health.

a. nutrients b. properties c. agriculture

3. _____ and _____ are energy giving foods.

a. vitamins, minerals b. water, minerals c. carbohydrates, fats and oil

4. All of these are examples of fats and oil except

a. butter b. coconut c. apple

FOOD AND NUTRIENTS

1. CHOOSE THE CORRECT NUTRIENT FOR EACH FOOD.

		
		

2. MATCH THE NUTRIENT TO THEIR FUNCTION.

Vitamines and Minerals	Build and repair the body
Proteins	Keep body healthy and fight diseases
Water	Store energy in body
Fats	Energy giving food
Carbohydrates	Keeps body clean and helps in digestion

5. We get important vitamins and minerals from making healthy food choices. a. true b. false c. none of the above

6. Food can be eaten _____ or _____.



7. Give 2 examples of each

Vitamins _____

Fats _____

Minerals _____

Proteins _____