



Natural Science – Nutrients

Part 1: Multiple Choice (2.5 points total, 0.5 points per question)

📌 Instructions: Choose the correct answer and write the letter in the box (A, B, C, or D).

1. Which nutrient helps our body grow and repair? (0.5 points)

- A) Carbohydrates
- B) Proteins
- C) Fats
- D) Water

Answer: ☐

2. Which food is a good source of vitamins and minerals? (0.5 points)

- A) Bread
- B) Butter
- C) Fruits and vegetables
- D) Chicken

Answer: ☐

3. Carbohydrates give us: (0.5 points)

- A) Energy
- B) Protection from illness
- C) Strong bones
- D) None of the above

Answer: ☐

4. Which of these foods contains healthy fats? (0.5 points)

- A) Nuts
- B) Cake
- C) Bacon
- D) Sweets

Answer: ☐

5. Which nutrient helps protect us from illnesses? (0.5 points)

- A) Vitamins and minerals
- B) Proteins
- C) Carbohydrates
- D) Fats

Answer: ☐

You got this!
LIVEWORKSHEETS





Part 2: Choose the correct letter (2.5 points total, 0.5 points per correct answer)

✦ **Instructions:** Write the correct letter (A, B, C, D, or E) in the box next to each nutrient.

Nutrient	Function	Answer
a. Proteins	• Give us energy	☐
b. Carbohydrates	• Protect us from illness	☐
c. Vitamins & Minerals	• Provide long-lasting energy	☐
d. Fats	• Help our body grow and repair	☐
e. Water	• It keeps us hydrated and helps with digestion	☐

Part 3: Fill in the Blanks (3 points total, 0.75 points per sentence)

✦ **Instructions:** Write the correct word from the word bank in each blank space.

Word Bank: (proteins, carbohydrates, fats, vitamins, minerals, water, fruits, vegetables, bread, pasta, healthy, unhealthy)

1. A balanced diet contains _____, _____, _____, _____, _____, and _____. (0.75 points)
2. _____
3. To stay healthy, we should eat many _____ and _____ because they have vitamins and minerals. (0.75 points)
4. _____
5. _____ and _____ are examples of foods that give us energy. (0.75 points)
6. _____
7. We should eat _____ fats, like avocado and nuts, and avoid _____ fats, like cake and butter. (0.75 points)

Part 4: Short Answer (2 points total, 1 point per question)

♥ **Instructions:** Write a complete sentence to answer each question.

1. Why is it important to eat a balanced diet? (1 point)

Answer:

2. Name two foods rich in proteins. (1 point)

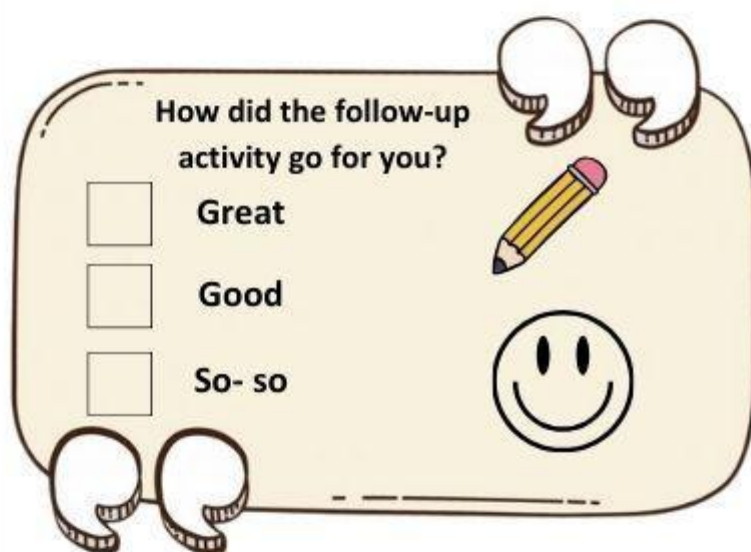
Answer:

How did the follow-up activity go for you?

☐ Great

☐ Good

☐ So- so



Sweetie, you can share anything you like here. I'm reading and I'll reply!

Miss Fernández ♥

