IDENTIFYING FOOD GROUPS AND FOOD NUTRIENTS

Instruction: **Click the correct box to match each item under their correct group.**

		Food groups	Food Nutrients.
1.	VEGETABLES	☐	☐
2.	STAPLES	☐	☐
3.	MINERALS	☐	☐
4.	LEGUMES	☐	☐
5.	CARBOHYDRATES	☐	☐
6.	PROTEIN	☐	☐
7.	FATS	☐	☐
8.	VITAMINS	☐	☐
9.	FRUITS	☐	☐
10.	WATER	☐	☐
11.	FATS AND OILS	☐	☐
12.	FOOD FROM ANIMALS	☐	☐

LIVEWORKSHEETS

FUNCTIONS OF FOOD NUTRIENTS

Instruction: **Match the following Nutrients to their correct function.**

Build strong bones and teeth

Gets rid of waste

Growth and Repair of body tissues

Helps to build blood

Provides the body with a concentrated form of Energy

Keeps the body healthy and fights off diseases

Provides the body with energy

FOOD NUTRIENTS	FUNCTION
1. Carbohydrates	
2. Protein	
3. Fats	
4. Fibre	
5. Vitamins and Minerals	
6. Iron	
7. Calcium	

LIVEWORKSHEETS