

Food Sorting Worksheet

Name: _____ Date: _____

Instructions:

You are given a list of 40 foods. Sort them into the correct nutrient group:

- Proteins
- Lipids (Fats)
- Carbohydrates
- Fibers

Some foods may fit into more than one category – discuss with your group before placing them.

Randomized Food List

Carrot, Cheese, Rice, Lentils, Olive oil, Broccoli, Chicken breast, Bread, Avocado, Cauliflower, Eggs, Potato, Butter, Quinoa, Spinach, Beef, Coconut oil, Cabbage, Banana, Fatty fish (mackerel), Cream, Tofu, Dates, Yogurt, Nuts (almonds), Tomato, Apple, Ghee, Cucumber, Oats, Peanut butter, Bell pepper, Sweet corn, Seeds (sunflower seeds), Lettuce, Fish (salmon), Chickpeas, Green beans, Pasta, Kidney beans

Sorting Table

Proteins	Lipids (Fats)	Carbohydrates	Fibers

Write the functions of following below.

Carbohydrates	
Proteins	
Lipids	
Vitamins	
Minerals	

1.