

Name _____ No. _____ Grade 4/ _____

Write "Proteins", "Carbohydrates", "Vitamins", "Minerals" and "Fats".

- | | |
|-----------------------------|---------|
| 1. Rice | = _____ |
| 2. Noodles | = _____ |
| 3. Tofu | = _____ |
| 4. Seafoods | = _____ |
| 5. Wheat | = _____ |
| 6. Animals' internal organs | = _____ |
| 7. Margarine | = _____ |
| 8. Fish | = _____ |
| 9. Taro roots | = _____ |
| 10. Nuts | = _____ |

Name the 5 basic food groups.



1. _____



2. _____



3. _____



5. _____



4. _____