5TH GRADE – SCIENCE

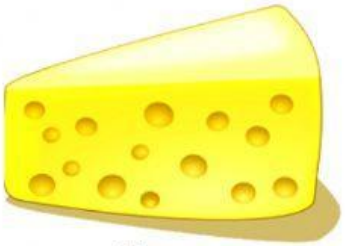
FOOD AND HEALTH

INTERACTIVE WORKSHEET 01

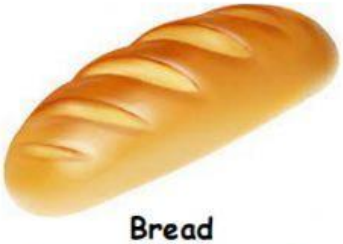
I. Look at the pictures of the food items given below and name the sources (plant or animal) from which they are obtained.

Animal/Plant | Plant | Animal

Orange Juice



Cheese



Bread

II. Components of food.

Carbohydrates | Proteins | Macronutrients | Vitamins | Fats | Micronutrients

1. Carbohydrates, proteins and fats are called _____.
2. Vitamins and minerals are called _____.
3. _____ are the main source of energy for our body.
4. _____ also provide energy to the body.
5. _____ help in the growth and repair of tissues.
6. _____ are required in small amounts to keep our body fit and protect it against diseases.

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LIVEWORKSHEETS