

## **MATCHING NUTRIENTS ACTIVITY - Worksheet**

Draw a line to match up each nutrient with the description on the left which best describes its role.

These do most of the repair work to our body cells and they also help us grow. They are found in eggs, milk, meat, poultry, fish and cheese.

**Vitamins and Minerals**

These are found in all sorts of foods. They are only needed in small amounts but they are extremely important. They are found in fruit, vegetables, eggs and milk.

**Carbohydrates**

These give us most of our energy. They are found in bread and potatoes.

**Proteins**

This helps to keep our digestive system healthy and is found in vegetables, cereals, grains and fruits.

**Fats**

These give us energy and help keep us warm. They are found in butter and meat.

**Fibre**

## GAME

### TRUE/FALSE QUIZ

	TRUE	FALSE
1. Carbohydrates are a good source of energy	<input type="checkbox"/>	<input type="checkbox"/>
2. Raw foods should be stored above cooked foods in the fridge	<input type="checkbox"/>	<input type="checkbox"/>
3. Too much alcohol can have a bad effect on your liver	<input type="checkbox"/>	<input type="checkbox"/>
4. You must take a form of exercise at least twice every day for one hour each time	<input type="checkbox"/>	<input type="checkbox"/>
5. It is best to eat a variety of foods	<input type="checkbox"/>	<input type="checkbox"/>
6. Always wash your hands before preparing food	<input type="checkbox"/>	<input type="checkbox"/>
7. Eggs should be eaten before the sell-by-date	<input type="checkbox"/>	<input type="checkbox"/>
8. Vitamins easily turn into fat	<input type="checkbox"/>	<input type="checkbox"/>
9. Rubbish bins should be emptied before you go on holiday	<input type="checkbox"/>	<input type="checkbox"/>
10. Your heart beats more slowly during exercise	<input type="checkbox"/>	<input type="checkbox"/>

## MORE TO EXPLORE

### **Digesting Food**

Give pupils something to chew and swallow. Discuss with the class what happened while they were doing this. Give pupils a brief explanation of what occurs inside the body. Use a diagram if possible.

Ask the children to fill in the missing words on the worksheet.

#### **HOW WE DIGEST OUR FOOD - Worksheet**

- We \_\_\_\_\_ our food to break it down into small bits.
- We produce \_\_\_\_\_ to help us swallow our food.
- The small bits of food go down a tube into our \_\_\_\_\_
- The food that is not absorbed then moves to our \_\_\_\_\_
- Anything that is still not digested moves to the \_\_\_\_\_ where it stays until we go to the toilet.

### **WORDS**

**small intestine**

**stomach**

**chew**

**large intestine**

**saliva**