



Name: \_\_\_\_\_ Class: \_\_\_\_\_ No: \_\_\_\_\_

Subject: Science 3

## Basic Human Needs

1. Foods

2. Water

3. Air

### Nutrients found in food



1. **Carbohydrates** - are the main source of **energy** for the body.

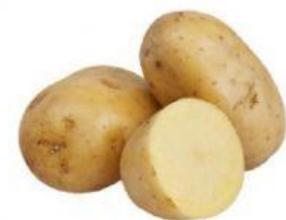
Example:



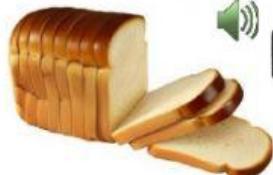
pasta



rice



potatoes



bread



noodles



## 2. Proteins - help our body to grow and repair itself.

Example:



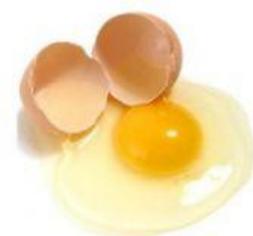
fish



meat



milk



egg



chicken



## 3. Vitamins and minerals - helps us to stay healthy.

Example:



mangoes



broccoli



carrots



cabbage



banana



tomato

# DRAG and DROP

meat

fish

rice

broccoli

bread

mangoes

noodles

pasta

banana

chicken

carrots

egg

milk

carrots

potatoes

tomato

with protein foods

with carbohydrates foods

With vitamins and minerals foods