



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.

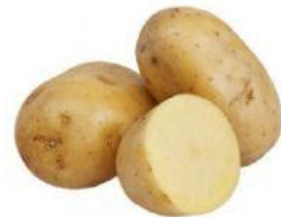
Example:



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