Anuban Khaochakan School
Intensive English Program
(I. E. P.)

Name:_____ Class: _____ No:_____

Subject: Science 3

Basic Human Needs

1. Foods 2. Water 3. Air

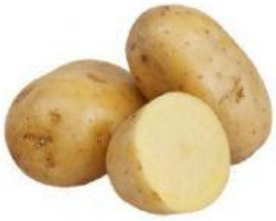
Nutrients found in food

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

Example:


pasta


rice


potatoes


bread


noodles

LIVEWORKSHEETS

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

LIVEWORKSHEETS

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

LIVEWORKSHEETS