

Name:
 School:
 Class: **Grade 5**
 Subject: **Science** Title: **Food Groups**



Interactive Worksheet: Week 11 Self-Learning Program

Exercises 1 : Consider the following foods



Lettuce



Cheese



Meat



Labneh



Egg



Butter



Oil



Beans



Banana



Bread



Tomato



chicken



Candy



Rice



Yogurt

According to the following table, classify the given foods (drag and drop)

Vegetables and fruits	Meat , Legumes , Eggs	Bread and Cereals	Milk and its products	Oil , Fats , sugars

Exercises 2 :

Match the following

Protiens

Give Energy

Starch

Growth and body maintenance

Lipids

Keep heat in the body

Minerals

Energetic and healthy body