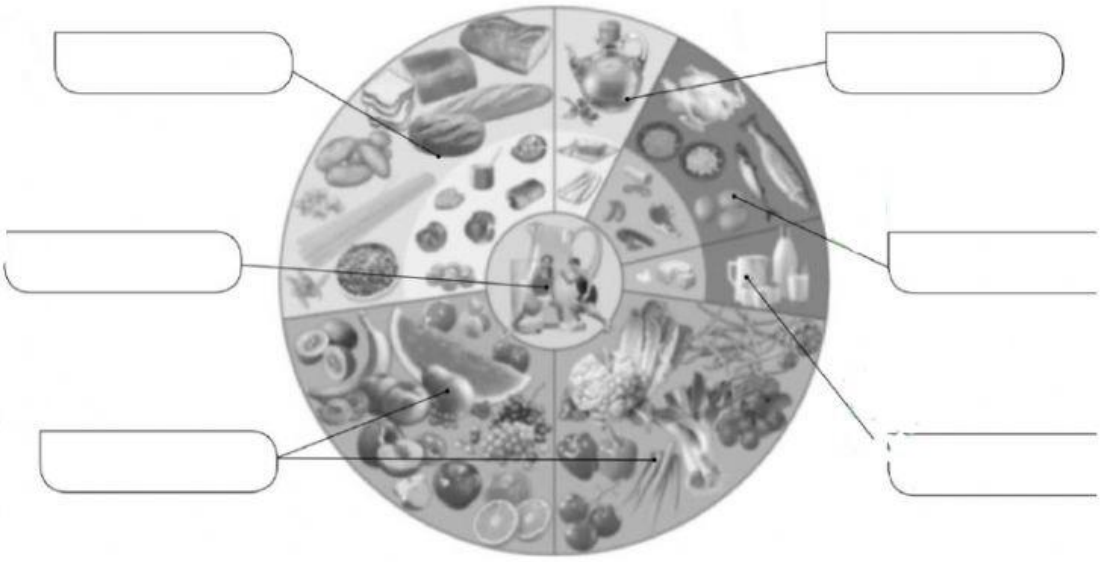
2 Label the food wheel. Write *carbohydrates, proteins, fats, minerals and vitamins, water and exercise,* and *calcium*.



Name 2 foods in each group.

Carbohydrates: _____ and _____
Proteins: _____ and_____
Fats: _____ and _____
Minerals and vitamins: _____ and _____
Dairy products: _____ and _____

Read and write correct sentences. Use the words below.

Meat and fish Carbohydrates Fats Fibre Fruit and vegetables
Vitamins and minerals Dairy products

1. _____ is good for digestion.
2. _____ give us lots of energy.
3. _____ are rich in proteins and iron.
4. _____ are rich in calcium.
5. _____ help our brain and nervous system.
6. _____ contain vitamins, minerals and fibre.
7. _____ help us grow and protect us from illness.

LIVEWORKSHEETS

Fill in the chart.

Food: bananas yoghurt carrots ham

Contains: calcium proteins potassium Vitamin A

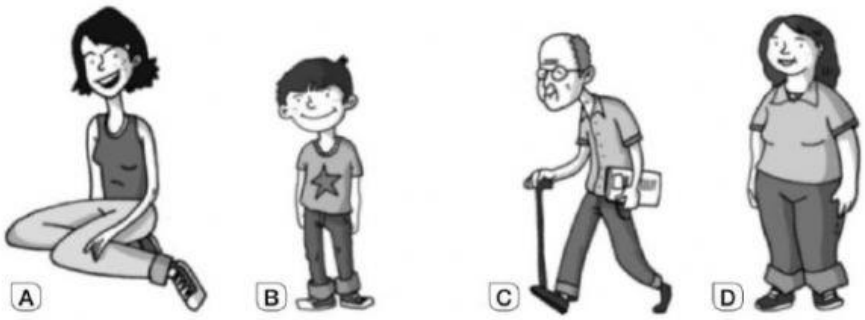
Function: builds muscle helps build strong bones good for your heart

Helps keep eyes healthy

FOOD	CONTAINS	FUNCTION

Write the stages of life.

adolescence old age childhood adulthood



- Now, write the stages of life in order.

1st _____ 2nd _____

3rd _____ 4th _____

LIVEWORKSHEETS