Food and Nutrients

Read the following questions and choose the correct answer

อ่านคำถามต่อไปนี้และเลือกคำตอบที่ถูกต้อง

1. What are the 5 types of nutrients that we find in the food?
   a. Food and fats
   b. Nutrients and protein
   c. Protein, carbohydrate, vitamin, mineral and fats
2. Which food nutrient provides our body with the energy?
   a. Fats
   b. Proteins
   c. Carbohydrate
3. Which food nutrient build and repair our body muscle and tissues?
   a. Fats
   b. Proteins
   c. Mineral and vitamin
4. Which food nutrients keep our body insulated and keep warm?
   a. Fats
   b. Water
   c. Carbohydrates
5. Which food nutrient keeps our body fit and healthy?
   a. Water
   b. Protein
   c. Mineral and vitamin

By Teacher Kinley

LIVEWORKSHEETS

6. ..... carries nutrients all over the body and keep us hydrated?
    a. Water
    b. Carbohydrate
    c. Mineral and vitamin
7. Which food group does milk and egg belong to?
    a. Protein
    b. Carbohydrate
    c. Mineral and vitamin
8. Which food group does fruits and vegetables belong to?
    a. Protein
    b. Carbohydrate
    c. Mineral and vitamin
9. Butter and oil have ..... that gives you extra energy
    a. Fats
    b. Water
    c. Protein
10. We need ..... to do our daily activities
    a. Protein foods
    b. Mineral and vitamin foods
    c. Carbohydrate food

By Teacher Kinley

LIVEWORKSHEETS