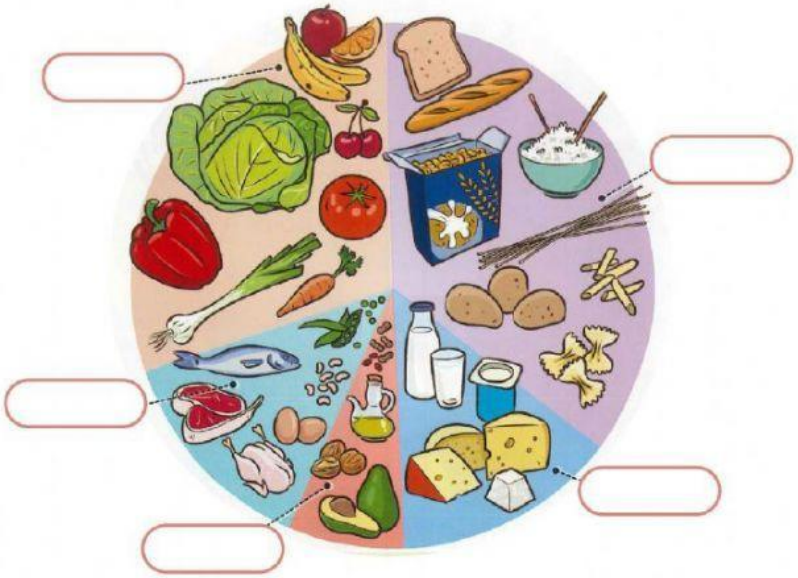
Name:

Science Assessment

# FOOD GROUPS

ONE. Complete the boxes with the food group..

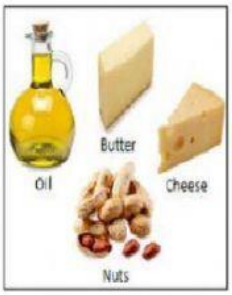


LIVEWORKSHEETS

LIVEWORKSHEETS

# THE NUTRIENTS IN FOOD

1. Match each food to the nutrient it contains.

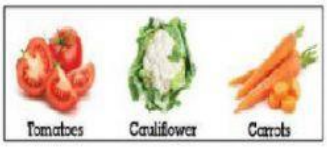



carbohydrates

fats

proteins

vitamins and minerals



# NUTRIENTS

**READ,** Drag and drop:

| Carbohydrates | Proteins | Minerals | Vitamins | Fats and sugars |
|---|---|---|---|---|
| | | | | |

| | |
|---|---|
| These nutrients give you extra energy. | |
| These nutrients keep you healthy. Calcium helps to keep your bones and teeth strong. | |
| These nutrients help your body to grow and repair. | |
| These nutrients give you energy | |
| These nutrients help your body to keep healthy. | |

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| NUTRIENT | WHAT IS IT GOOD FOR? | WHAT FOOD GROUP CONTAINS IT? | EXAMPLES OF FOODS |
|---|---|---|---|
| PROTEINS | | | |
| CARBOHYDRATES | | | |
| FATS | | | |

**1** **What is the main nutrient (food substance) that each of these foods provides? Write the nutrient under the picture. You will need to use each word twice.**

carbohydrate protein fat

a

_____

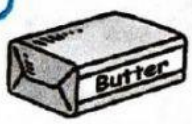
b

_____

c

_____

d




_____

e

_____

f

_____

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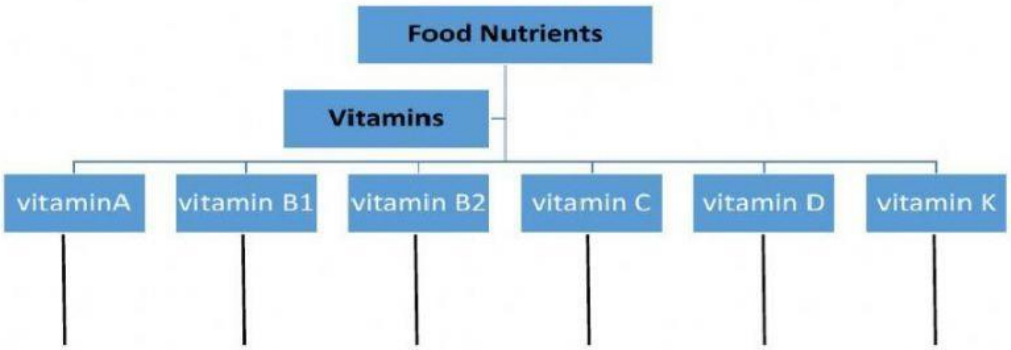
Choose the correct answer for each **vitamin**

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