Colegio Nuevo Continente

ELEMENTARY SCHOOL

5TH GRADE

Classes of Nutrients

First Term Science Exam

Directions: Complete the following chart. Use the word bank.

- ✓ Cleans our digestive system.
- ✓ Potatoes, cereal, pasta, rice.
- ✓ Give you energy.
- ✓ Meat, eggs, fish, nuts.
- ✓ Used as an energy store.
- ✓ Carrots, apples, corn, grapes.
- ✓ Oil, chips, butter, cheese.
- ✓ Helps your body grow and repair itself.
- ✓ Essential to normal body function. Needed for chemical reactions in your body.
- ✓ Whole grains, wheat, oatmeal.
- ✓ Help your body work properly.

Type of Food Group	**Function**	**Examples**
Carbohydrates		
Protein		
Vitamins & Minerals		
Fats and Oils		
Fibre		
Water		