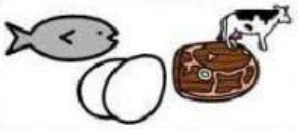
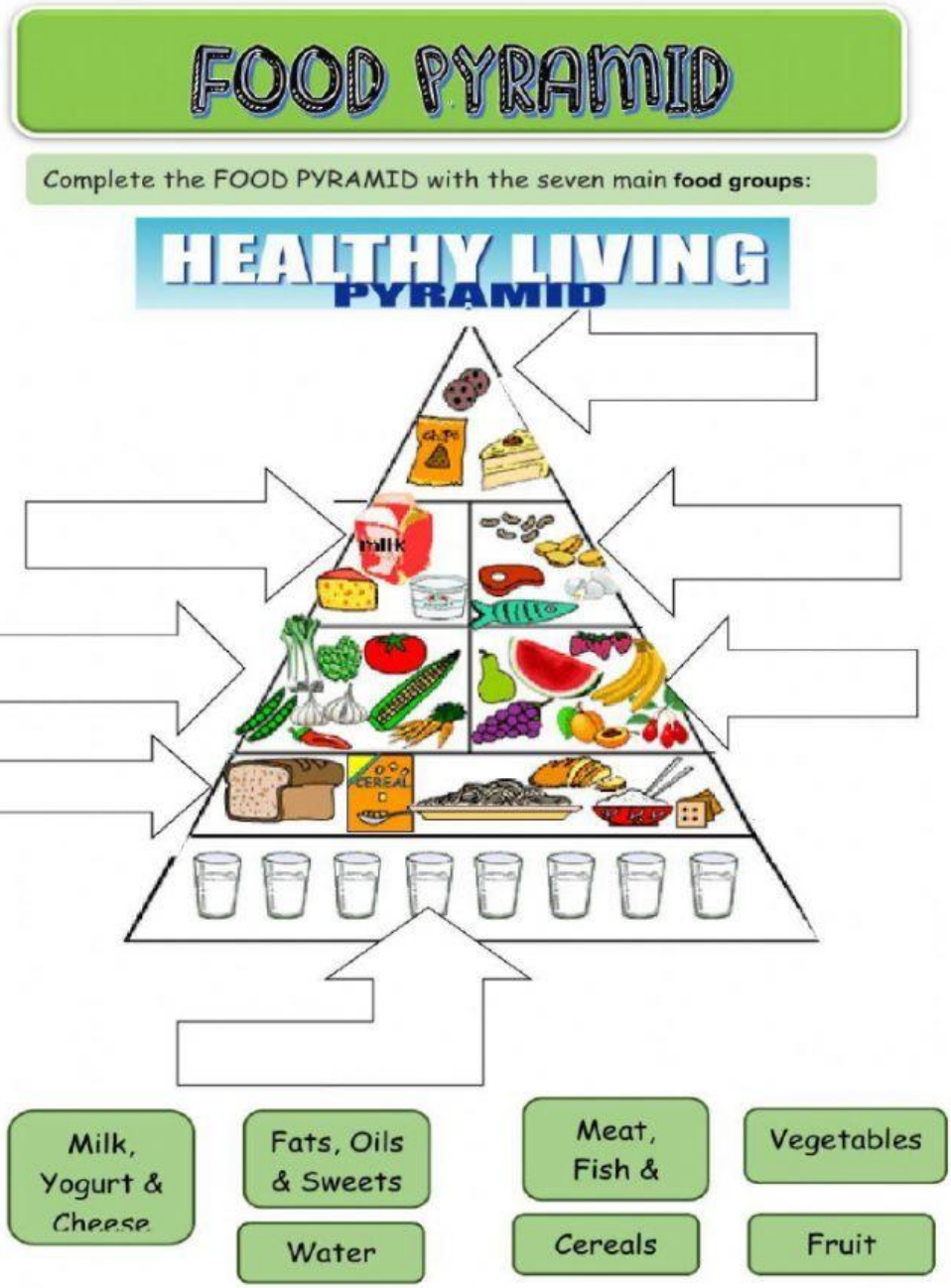
DAILY TEST
SD EMIRATTES ISLAMIC SCHOOL
Academic Year 2020 – 2021

A. DRAW A LINE ACCORDING TO THE CORRECT ANSWER !

Type of Food Group	Function
Carbohydrates	Helps your body work properly
Protein	Needed for chemical reactions in our body
Vitamins & Minerals	Helps your body grow and repair itself
Fats and Oils	Acts as an energy store
Fibre	Gives you energy
Water	Cleans our digestive system

B. DRAW A LINE ACCORDING TO THE CORRECT ANSWER !

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

C. LOOK THE FOOD PYRAMID BELOW !