Name :_____ Date_____

Topic Nutrients, Food Pyramid and Sandwiches

1.Yogurt and cheese belong to which group? _____

2.Broccoli is a part of which group _____

3.Candies and donuts are a part of which group. _____

Name the deficiency for each nutrient. Use the words below to assist.

4.Vitamin A _____

Rickets, Night Blindness

5.Vitamin D _____

Goiter, Rickets

6. Iodine

_____

Scurvy, Goiter

Name the parts of a Sandwich.

7._____ 8_____

9._____