ADUVIE INTERNATIONAL SCHOOL, 08089394474

Year 2 PHE Live worksheet

1. Match the classes of food with their functions in the body using lines.

Carbohydrates	are essential nutrients needed in the body for it to function well.
Protein	supply more energy to the body than carbohydrates.
Fats and oil	are needed in the body for protection against disease.
Vitamins	are food item that help build the body.
Minerals	are food item that supply energy.

2. Fill in the gaps with the following food items.

Carrots	Yam	Watermelon	Groundnut oil		
Cheese	Orange	Salt	Fish	Peas	Rice

a. Carbohydrate _____ and _____

b. Protein _____ and _____

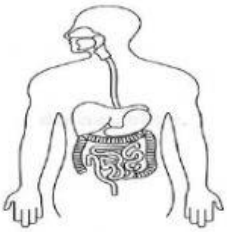
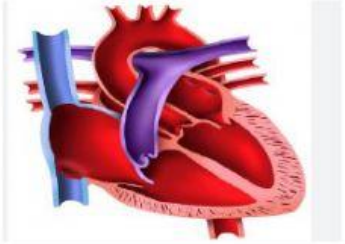
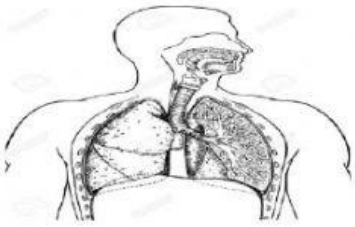
c. Minerals _____ and _____

d. Vitamins _____ and _____

e. Fat and oils _____ and _____

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3. Match the following body system to the appropriate image

Respiratory system	
Digestive system	
Circulatory system	
Muscular system	
Skeletal system	

4. Fill in the space with the appropriate description
   a. The respiratory systems' major organ is the _____

LIVEWORKSHEETS

b. The _____ system is made up of bones which protect important body parts
c. The digestive system starts at the _____and ends at the _____
d. The major organ for the circulatory system is the _____
e. The skin which covers all areas where bones can be found makes us the _____system

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