



## Natural Science – Nutrients



### Part 1: Multiple Choice (2.5 points total, 0.5 points per question)

📌 Instructions: Choose the correct answer and write the letter in the box (A, B, C, or D).

1. Which nutrient helps our body grow and repair? (0.5 points)

- A) Carbohydrates
- B) Proteins
- C) Fats
- D) Water

Answer:

2. Which food is a good source of vitamins and minerals? (0.5 points)

- A) Bread
- B) Butter
- C) Fruits and vegetables
- D) Chicken

Answer:

3. Carbohydrates give us: (0.5 points)

- A) Energy
- B) Protection from illness
- C) Strong bones
- D) None of the above

Answer:

4. Which of these foods contains healthy fats? (0.5 points)

- A) Nuts
- B) Cake
- C) Bacon
- D) Sweets

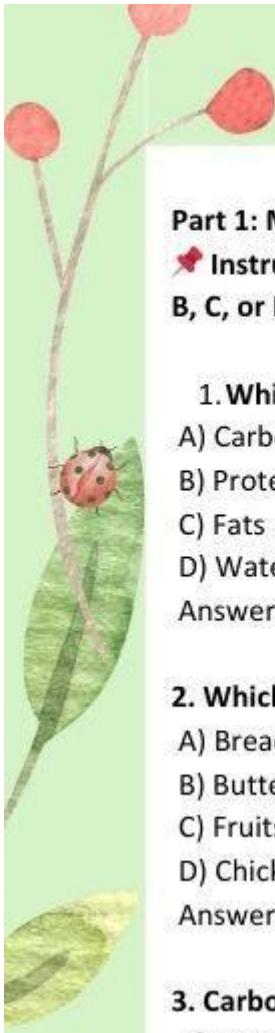
Answer:

5. Which nutrient helps protect us from illnesses? (0.5 points)

- A) Vitamins and minerals
- B) Proteins
- C) Carbohydrates
- D) Fats

Answer:

You got this!  
LIVEWORKSHEETS



# I am CAPABLE



**Part 2: Choose the correct letter (2.5 points total, 0.5 points per correct answer)**

📌 **Instructions:** Write the correct letter (A, B, C, D, or E) in the box next to each nutrient.

Nutrient	Function	Answer
a. Proteins	• Give us energy	<input type="checkbox"/>
b. Carbohydrates	• Protect us from illness	<input type="checkbox"/>
c. Vitamins & Minerals	• Provide long-lasting energy	<input type="checkbox"/>
d. Fats	• Help our body grow and repair	<input type="checkbox"/>
e. Water	• It keeps us hydrated and helps with digestion	<input type="checkbox"/>

**Part 3: Fill in the Blanks (3 points total, 0.75 points per sentence)**

📌 **Instructions:** Write the correct word from the word bank in each blank space.

**Word Bank: (proteins, carbohydrates, fats, vitamins, minerals, water, fruits, vegetables, bread, pasta, healthy, unhealthy)**

1. A balanced diet contains \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. (0.75 points)
- 2.
3. To stay healthy, we should eat many \_\_\_\_\_ and \_\_\_\_\_ because they have vitamins and minerals. (0.75 points)
- 4.
5. \_\_\_\_\_ and \_\_\_\_\_ are examples of foods that give us energy. (0.75 points)
- 6.
7. We should eat \_\_\_\_\_ fats, like avocado and nuts, and avoid \_\_\_\_\_ fats, like cake and butter. (0.75 points)

**Part 4: Short Answer (2 points total, 1 point per question)**

📌 **Instructions:** Write a complete sentence to answer each question.

1. Why is it important to eat a balanced diet? (1 point)

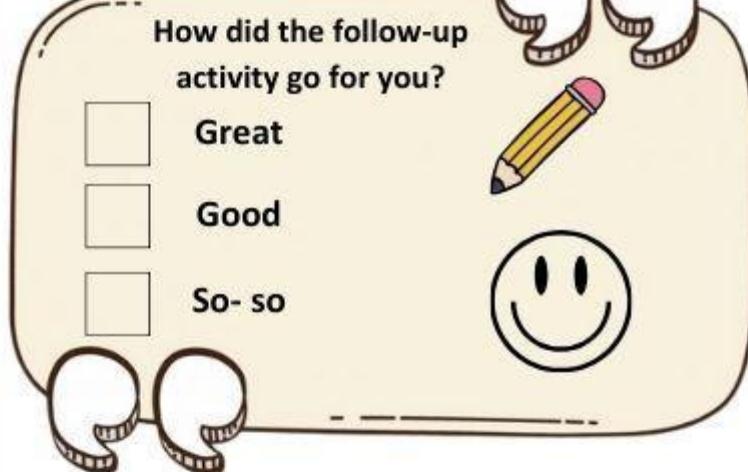
Answer:

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2. Name two foods rich in proteins. (1 point)

Answer:

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Sweetie, you can share anything you like here. I'm reading and I'll reply!

Miss Fernández ❤️

