

# Natural Science • Unit 2: Nutrition

## How to do this worksheet:

1. Read one short part at a time.
2. Say the key words aloud.
3. Answer after each mini-task.
4. Check your work at the end.

## A. Start here

*Circle the correct answer.*

1. **Nutrition is only eating.** True / False
2. **We need oxygen to make energy.** True / False
3. **Water helps the body.** True / False

## B. The process of nutrition

Body system	What it does
Digestive system	It breaks down food into smaller parts.
Respiratory system	It brings oxygen into the body.
Circulatory system	It transports nutrients and oxygen in the blood.
Excretory system	It removes waste.

### 1. Match.

- a. digestive system                      \_\_\_ removes waste
- b. respiratory system                    \_\_\_ transports nutrients and oxygen
- c. circulatory system                    \_\_\_ breaks down food

d. excretory system \_\_\_\_\_ brings oxygen

**2. Put the steps in order: 1, 2, 3, 4.**

\_\_\_ The circulatory system transports nutrients and oxygen.

\_\_\_ The digestive system breaks down food.

\_\_\_ The excretory system removes waste.

\_\_\_ The respiratory system brings oxygen.

**C. Types of nutrients**

Nutrient	Main job	Examples
<b>Carbohydrates</b>	Give the body energy.	whole grains, vegetables, candy
<b>Fats</b>	Give energy and protect organs.	nuts, seeds, fish
<b>Proteins</b>	Build and repair tissues.	eggs, fish, beans, nuts
<b>Vitamins</b>	Help the body work well.	fruit and vegetables
<b>Minerals</b>	Help bones, muscles and organs.	dairy, meat, plants, salt
<b>Water</b>	Carries nutrients and helps control temperature.	water

**1. Choose the correct answer.**

Carbohydrates give us \_\_\_\_\_.

Proteins build and repair \_\_\_\_\_.

Water helps control body \_\_\_\_\_.

**2. Write C, P, V, M or W.**

\_\_\_ eggs and fish

\_\_\_ fruit and vegetables

\_\_\_ dairy for bones

\_\_\_ whole grains for energy

\_\_\_ helps carry nutrients

## D. Healthy eating plate

- 1/2 plate = **fruits and vegetables**
- 1/4 plate = **whole grains**
- 1/4 plate = **protein**
- **Drink water** instead of sugary drinks

### 1. Complete the sentences.

Half of the plate is \_\_\_\_\_ and \_\_\_\_\_.

One quarter of the plate is \_\_\_\_\_.

One quarter of the plate is \_\_\_\_\_.

We should drink \_\_\_\_\_.

## E. Nutrition facts labels

Label part	Meaning
Serving size	The amount of food the information is based on.
Calories	The energy in one serving.
Ingredients list	The ingredients from most to least.
Nutrient values	Information about sugar, fat, protein and vitamins.

### 1. Match each part to its meaning.

1. Serving size \_\_\_\_\_
2. Calories \_\_\_\_\_
3. Ingredients list \_\_\_\_\_
4. Nutrient values \_\_\_\_\_

## F. Reading

Nutrition is a team job inside the body. First, the digestive system breaks down food. Next, the respiratory system brings oxygen into the body. Then, the circulatory system carries nutrients and oxygen in the blood to all the cells. Finally, the excretory system removes waste. Our body also needs different nutrients. Carbohydrates give us energy. Proteins help build and repair tissues. Vitamins and minerals help the body stay healthy. Water is important because it carries nutrients and helps control temperature. To eat well, we can use the Healthy Eating

Plate and read food labels.

### Reading questions

1. Which system brings oxygen into the body?

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2. What do proteins do?

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3. Name one healthy eating tool.

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### G. Mini writing

Write 4 lines. Use the word box.

Word box: healthy | water | vegetables | protein | energy | body

Topic: How can we eat in a healthy way?

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### H. Exit ticket

Finish the lesson with these 4 quick answers.

1. The digestive system breaks down \_\_\_\_\_.
2. The circulatory system transports nutrients and \_\_\_\_\_.
3. Proteins build and repair \_\_\_\_\_.
4. We should drink \_\_\_\_\_ instead of sugary drinks.