Food and Nutritive Substances

Science – Grade 5

Teacher: Sahar Ghanem

1- **Choose (C)** for foods rich in **carbohydrates**, **(L)** for foods rich in **lipids**, and **(P)** for foods rich in **proteins**, and **(V)** for foods rich in **vitamins**.

Fish _____   Olive _____   Broccoli _____   Chocolate _____

Almond _____   Beans _____   Bread _____   Orange _____

2- **Match** the following foods according to their **role.**

| Eggs - meat |

| Lemon - kiwi - pineapple |

| Butter - potatoes – Olive oil – walnuts – rice |

| Builder foods |

| Energetic foods |

| Protective foods |

3- Click on the correct answer.

a- Which nutritive substance is chicken rich in?

⇨ Carbohydrates   ⇨ Proteins   ⇨ Vitamins

b- Fruits are rich in

⇨ Carbohydrates   ⇨ Lipids   ⇨ Vitamins

c- Which nutritive substance provides our body with energy?

⇨ Carbohydrates   ⇨ Proteins   ⇨ Vitamins

d- The foods that help our body build muscles and grow are rich in

⇨ Carbohydrates   ⇨ Proteins   ⇨ Vitamins

4- Choose the right correction of the following statements.

a- Eating one kind of food is enough to stay healthy.

_____

b- Proteins and lipids are protective foods .

_____

5- Complete

a- A food is placed on a paper, a **translucent spot** appears on the paper. This shows the presence of _____ in this food.

b- The food is heated, it **coagulates** under the effect of heat. This shows the presence of _____ in this food.