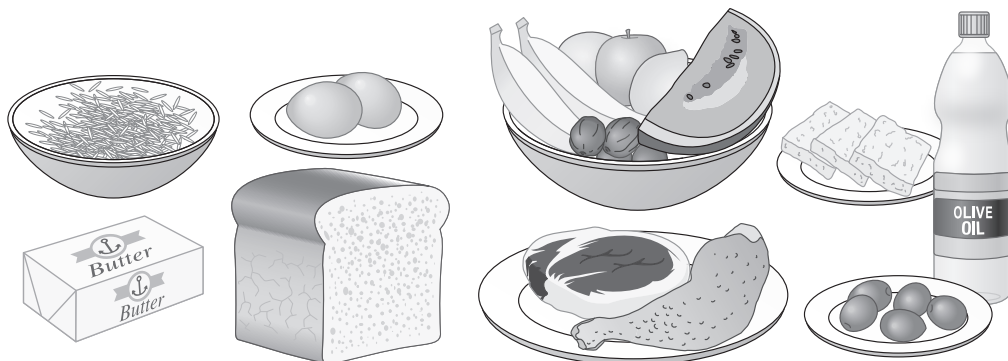


Food and nutrition

1. Label these foods as coming from plants (P) or animals (A).



2. Unscramble the letters to make the names of five nutrients.

(If you are stuck look at this topic in your Pupil's Book for possible words.)

slneamri

bcaohyrdtraes

afst

optiners

tavimnis

3. Write the name of the nutrient for each of these descriptions.

a They provide energy. Digestion breaks them into simple sugars. _____

b Needed for growth and repair. _____

c They supply energy and are used to build some body parts; excess is unhealthy.

d Special substances the body needs in small amounts but cannot make itself.

e Simple substances the body needs to build bones and perform other tasks.

4. Explain briefly the importance of each of these minerals in the diet.

a iron

b calcium

c salt

Use the library and the Internet to learn more about the different minerals the body needs, and the foods that provide them.

Choose a mineral and write a brief report on it to present to the class.

5. Circle the word that matches the description.

a These living things obtain nutrition from sunlight, air, water and soil.

plants / animals / bacteria

b These living things obtain nutrition by eating other living things.

plants / animals / bacteria

c This process breaks the food we eat into simpler substances that the body can use.

digestion / respiration / excretion

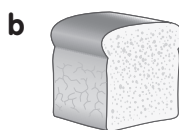
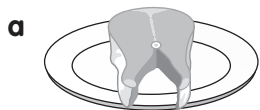
d This substance does not provide nutrition, but helps waste pass through the digestive system.

protein / fat / fibre



Food groups

1. Write the name of the main nutrient in each of these foods.

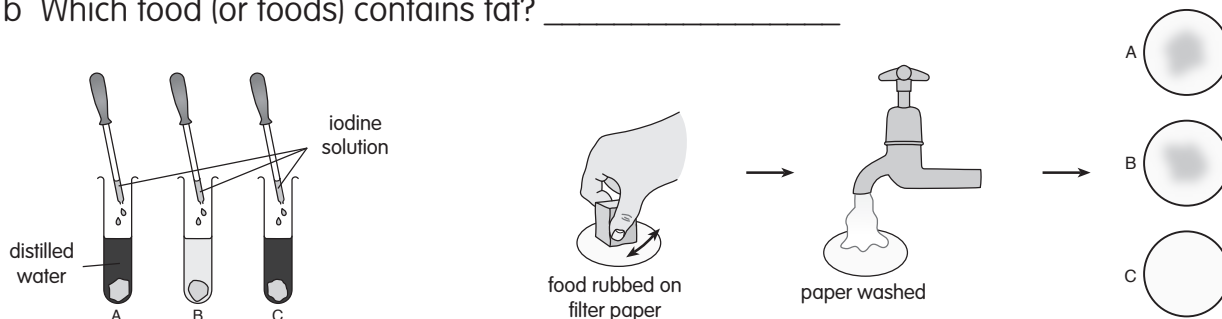


2. Mark each of these statements as true (✓) or false (✗).

- a Rice is a good source of protein.
- b Milk contains carbohydrate, protein, fat, minerals and vitamins.
- c Humans are adapted to survive by eating only one type of food.
- d Foods that contain fat turn an iodine solution black.

3. Look at the results of these food tests on foods A, B and C. Answer the questions.

- a Which food (or foods) contains starch? _____
- b Which food (or foods) contains fat? _____



4. What foods have you eaten in the past 24 hours? What nutrients do these foods contain? Write the name of the food you have eaten for each of the food types listed below.

- a A food from a plant. _____
- b A food from an animal. _____
- c A protein-rich food. _____
- d A carbohydrate-rich food. _____
- e A fatty food. _____
- f A mineral-rich food. _____
- g A vitamin-rich food. _____
- h A food that contains fibre. _____

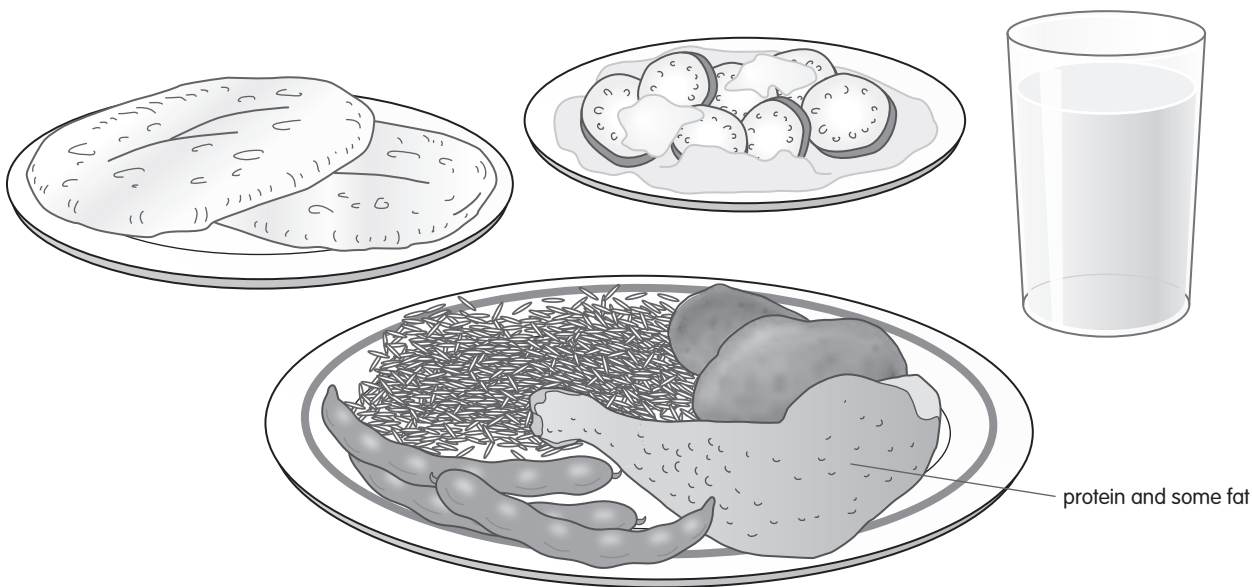
A balanced diet

1. Unscramble the words to make sentences that describe a balanced diet.

healthy. to We mixture stay must eat a of foods different

contains A diet balanced carbohydrates, proteins, vitamins, minerals and some fat.

2. Label the diagram. Label foods in this meal with the nutrients they provide. The chicken, for example, provides protein and some fat.



3. List *four* important uses of water in the body.

- a _____
- b _____
- c _____
- d _____



4. The tables below give the water intake and water losses for two people during a day. Answer the questions.

Person A

Water intake in cm ³	Water losses in cm ³	
2800	urine	1500
	sweat	1000
	breathing out	400
	faeces	150

Person B

Water intake in cm ³	Water losses in cm ³	
2400	urine	1400
	sweat	550
	breathing out	370
	faeces	80

- a Which person may be dehydrated? _____
- b Which person's water is in balance? _____
- c Explain how you know.
