

The Primary Stage of Grades (4-5) School Year 2022- 2023

Name: Answer key

Subject: Science

Unit 2: The digestive system

Worksheet 1: Balanced diet

Class: Grade 4 CP (All sections)

Date: / /

Objective/s:

- Know that animals, including humans, need an adequate, balanced diet in order to be healthy.
- Be able to build a balanced healthy meal.

Question one:

Here are some meals with an item **missing** from each one. **Decide** what food item you would add to make each meal part of a **balanced diet**. Write the name of the item and which food group it belongs to:

1. Boiled potato

Cabbage

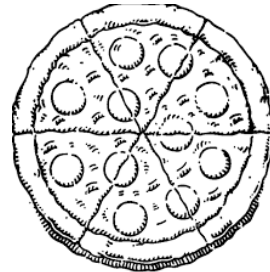
Carrot



Protein: Chicken

2. Pizza (cheese and tomato topping)

Fruits and vegetables: Salad

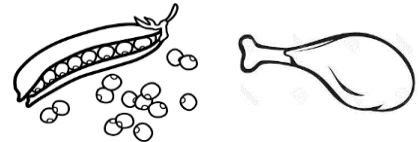


- 3. Boiled rice
- Grilled lamb



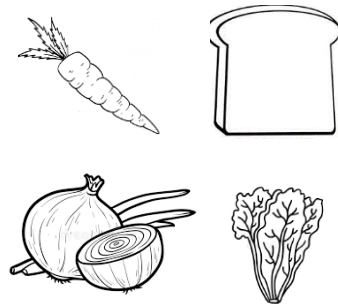
Fruits and vegetables: Salad

- 4. Chicken drumsticks
- Peas



Carbohydrate: Rice ...

- 5. Lettuce
- Onion
- Carrots
- Bread



Protein: meat

- 6. Fried egg
- Beef
- Toast
- Pudding



Fruits and vegetables: Salad

Question Two: Complete these sentences about the food we eat.

Choose from the following words.

balanced	diet	energy	nutrients	fats
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1. The food we eat is called our diet.
2. The different types of food contain nutrients such as carbohydrates, proteins and fats.
3. A balanced diet contains the right amounts of different types of food.

Question Three:

Draw lines to match the food items to how they are useful to us.

