

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

Name: \_\_\_\_\_

**Subject:** Science

Worksheet #1: Healthy Balanced Diet

Date: / /

**Class:** Grade Four National (All Sections)

**Objective/s:**

- Identify the importance of each nutrient to the human body.
- Know the components and importance of a balanced diet.

**Question one:**

Complete these sentences about the food we eat.

Choose from the following words.

**balanced**

**diet**

**energy**

**nutrients**

**fats**

**water**

**fiber**

1. The food we eat is called our \_\_\_\_\_.
2. The different types of food contain different \_\_\_\_\_  
such as carbohydrates, proteins and \_\_\_\_\_.
3. A \_\_\_\_\_ diet contains the right amounts of  
different types of food.
4. You need to drink enough amount of \_\_\_\_\_ to stay  
hydrated.
5. \_\_\_\_\_ helps in digestion.

**Question Two:**

Draw lines to match the food nutrients to how they are useful to us:

Nutrient	how they are useful to us
Vitamins and minerals	Provide us with energy.
Proteins	Help us grow and repair the damaged cells.
Carbohydrates	keep us from falling sick.

**Question Three:**

Draw a line to match the diet to the problem it can cause:

Diet	problem
Too much fat	Not much energy
Too much sugar	Heart diseases
Not enough protein	Tooth decay
Not enough carbohydrates	Poor growth

**Question Four:**

**Give examples of food items that are good sources of each of the following:**

	<b>Food where this can be found</b>
<b>Carbohydrates</b>	
<b>Protein</b>	
<b>Vitamins and minerals</b>	
<b>Dairy</b>	
<b>Fats</b>	
<b>Vitamin A</b>	
<b>Vitamin C</b>	
<b>Iron</b>	
<b>Calcium</b>	

**Question Five:**

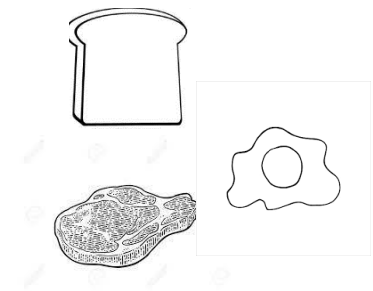
It is important to have the right amount of each food group in order to have a **healthy balanced diet**.

Find the **missing food group** from each meal of the following, and **propose an item** to be added in order to have a **balanced meal**:

a) Adam is having: **Fried egg, Beef and toast** for lunch.

Missing food group: .....

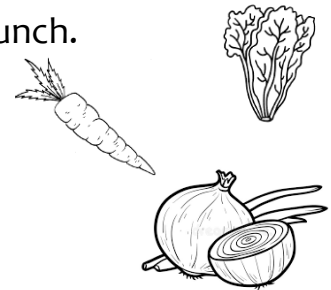
Food to add: .....



b) Salma is having: **lettuce, onion, carrots and bread** for lunch.

Missing food group: .....

Food to add: .....



c) Maya is having: **Rice and chicken** for lunch.

Missing food group: .....

Food to add: .....

