

**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**

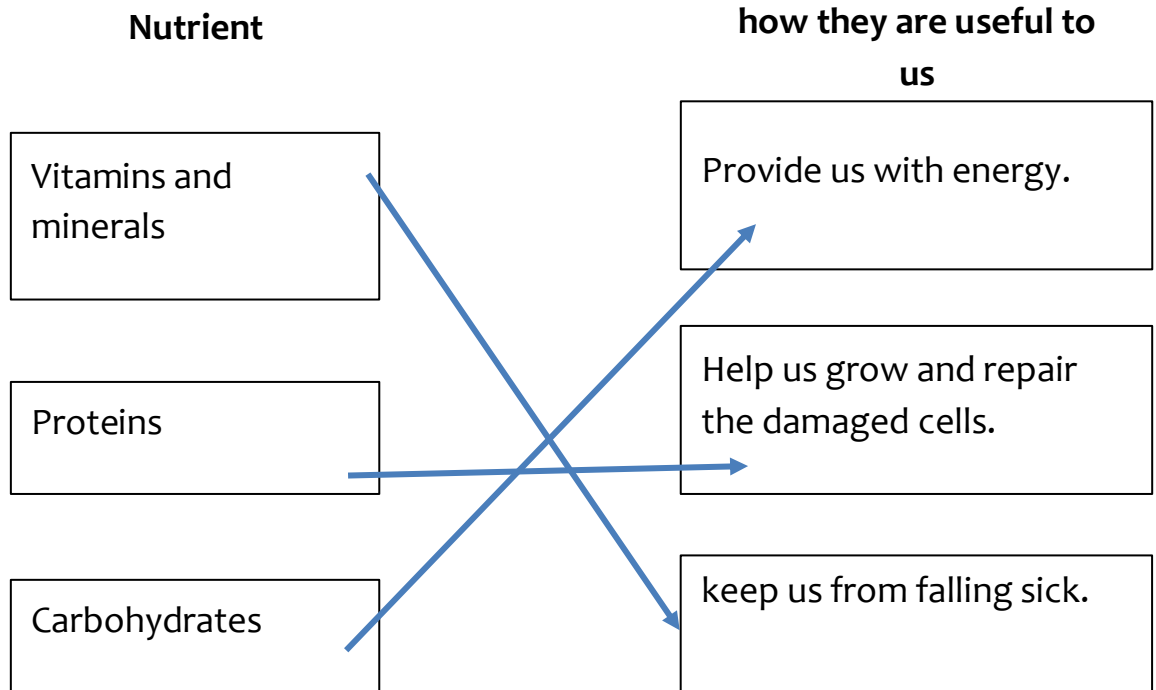
**water**

**fiber**

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

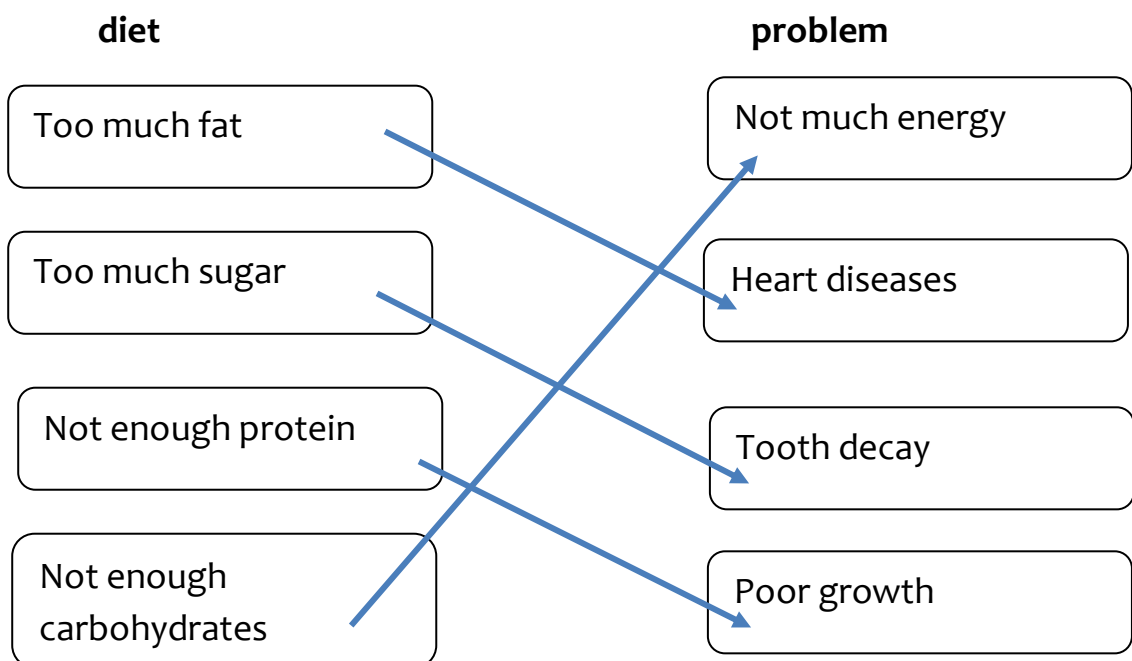
**Question Two:**

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



**Question Three:**

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



**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>Rice/ Bread/ Cereal</b>
<b>Protein</b>	<b>Meat/ Fish/ Egg</b>
<b>Vitamins and minerals</b>	<b>Fruits and vegetables</b>
<b>Dairy</b>	<b>Milk/ Cheese/ Yogurt</b>
<b>Fats</b>	<b>Oils/ Nuts /Butter</b>
<b>Vitamin A</b>	<b>Carrots</b>
<b>Vitamin C</b>	<b>Citrus fruits/ red bell pepper</b>
<b>Iron</b>	<b>Green leaves/ Meat</b>
<b>Calcium</b>	<b>Dairy (Milk/cheese/yogurt)</b>

**Question Five:**

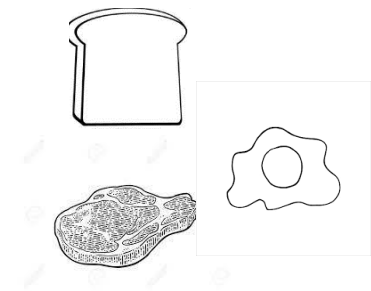
It is important to have the right amount of each food group in order to have a **healthy balanced diet**.

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: **Vitamins and minerals.**

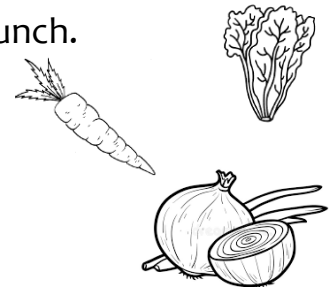
Food to add: **Vegetables.**



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

Missing food group: **Protein.**

Food to add: **Chicken.**



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

Missing food group: **Vitamins and minerals.**

Food to add: **Salad.**

