

Worksheet 1 | The Primary Stage of Grades (4-5)

2023-2024

Name:

Subject: Science

Date: / /

Class: Grade 4 National (All Sections)

Objective/s: Describe the importance of each food group to the human body.
Know the components and importance of a balanced diet.

Question One:

Draw lines to match the food nutrients to their importance to the body.

Nutrient

Vitamins and
minerals

Proteins

Carbohydrates

Importance

Provide us with energy.

Help us grow and repair
the damaged cells.

keep us from falling sick.

Question Two:

Give an example of food items that are good sources of each of the following and state their importance to the human body.

	Sample Food	Importance
Carbohydrates		
Protein		
Fats		
Vitamin A		
Vitamin C		
Vitamin D		
Vitamin E		
Iron		
Calcium		

Question Three:

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

Diet

Too much fat

Too much sugar

Not enough protein

Not enough
carbohydrates

problem

Not much energy

Heart diseases

Tooth decay

Poor growth

Diabetes

Question Four:

Complete these sentences about the food we eat.

Choose from the following words.

fats

balanced

diet

energy

water

fiber

nutrients

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 food to pass easily through the digestive system.

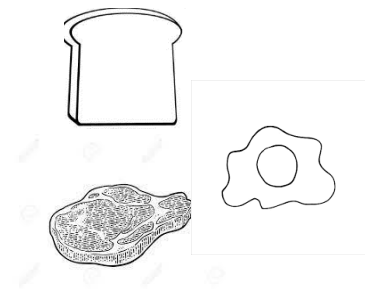
Question Five:

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:

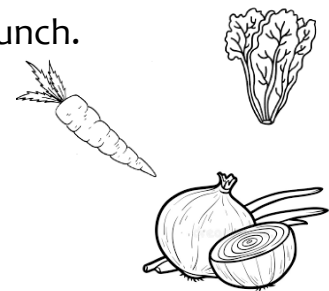
Food to add:



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:

