



Worksheet

Name :

Subject:

Science

Class:

Grade six (A , B).

Date:

1. The main five nutrients in our food are :

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.

• The main three minerals are important for :

1- **Iron** helps me with building my _____.

2- **Potassium** is important for my _____.

3- **Calcium** is important for my _____ , _____.

• Where do we get each one of these nutrients :

- Proteins : _____.

- Carbs : _____.

- Fats : _____.

- Vitamin A : _____.

- Vitamin B : _____.

- Vitamin C : _____.

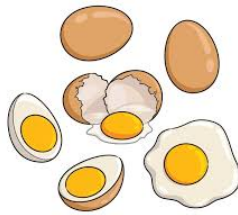
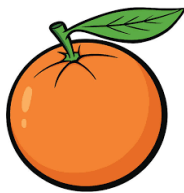
- Vitamin D : _____.

- Put a circle around the correct food :

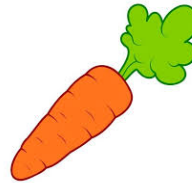
- We get iron from :



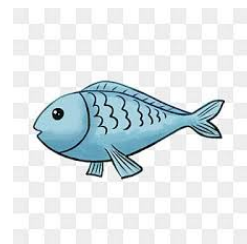
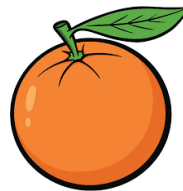
- We get protein from :



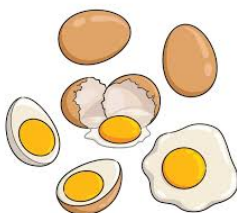
- We get carbs from :



- We get fats from :



- We get vitamin A from :



- Put true for the correct sentence and false for the wrong one :

- Carbs give us quick energy _____.
- Not all the nutrients give us energy _____.
- Fats keep our body cold _____.
- Protein helps with growth _____.
- We get vitamin B from the sun _____.
- Example for communicable diseases is heart disease _____.
- Eggs give us vitamin K _____.
- Insects can cause diseases _____.
- We can store food in the refrigerator for a long period _____.
- A balanced diet is essential for good health _____.
- Exercise is not important for our body health _____.

Your teacher : Jessica Khoury.