

Worksheet number (3) / Our food & health

Name : _____ Subject: Science
Class: 6th Grade Date: ___ / ___ / 2025

Objective: The importance of food and the main nutrients.

★ What is the importance of food?

- 1- To get energy.
- 2- To grow.
- 3- To help our body remain healthy by fighting disease.

★ The main nutrients:

Nutrient	Importance	Sources
Proteins	They help our body to make new cells.	Pulses / Eggs / Meats
Carbohydrates	They give us quick energy.	Fruits / Vegetables / Bread
Fats	- They give the body energy to store. - They help to keep the body warm.	Vegetable oils / Butter / Ghee
Vitamins	They help the body to grow.	Fresh fruits / Vegetables
Minerals	They help the body remain healthy.	Milk / Fruits / Vegetables.

★ Vitamins:

Vitamin	Sources	Deficiency disease
Vitamin A	Carrot / Cheese / Tomato / Milk	Skin becomes dry Night blindness
Vitamin B	Milk / Eggs / Bread / Meat	Loss of appetite
Vitamin C	Orange / Tomato	Bleeding the gums Swelling of the joints
Vitamin D	Fish / Eggs	Rickets, a disease that affects the bones and teeth.

★ Minerals:

Mineral	Sources	Deficiency disease
Iron	Apple / Banana / Meat	Anemia
Calcium	Fish / Milk	Improper development of the bones and teeth.
Iodine	Milk / Cheese / Salt / Eggs	Goiter

Science Department