

Science Worksheet

Different Nutrients

Grade 5



Name: _____

Date: _____

★ A. Fill in the blanks

Use the words in the box to complete the sentences.

nutrition carbohydrates proteins fats vitamins
minerals fibre

1. All living things need _____.
2. The process of feeding the body with nutrients is called _____.
3. Bread, rice and pasta are foods rich in _____.
4. Meat, eggs and beans are good sources of _____.
5. Fruit and vegetables give us many _____ and minerals.
6. Water is important for our body, but it is not one of the five main types of _____.



★ B. Matching

Match the words with the correct meaning.

- | | |
|----------------|---|
| 1. Nutrients • | A Helps build and repair the body. |
| 2. Nutrition • | B The process of feeding the body with nutrients. |
| 3. Proteins • | C Helps food move through the digestive system. |
| 4. Fibre • | D Substances that help the body stay healthy. |
| 5. Vitamins • | E Good sources are fruits, vegetables and grains. |



★ Healthy food helps our body! ★

