

Name: _____ Date: _____

Science: Food and Health

Choose the best answer: (Part 1)

1. _____ are chemical substances that are essential for the healthy growth and development of the body.
a) minerals b) nutrients c) proteins
2. _____ plays an important role in keeping us healthy.
a) food b) water c) roughage
3. _____ provides energy to the body.
a) fats b) proteins c) carbohydrates
4. _____ helps in growth and maintenance of the body.
a) proteins b) vitamins & minerals c) carbohydrates
5. _____ are stored in the body to provide energy for late use.
a) roughage b) vitamins & minerals c) fats
6. _____ are needed in very small quantities.
a) vitamins & minerals b) water c) fats
7. _____ helps food and waste to move easily through the digestive system.
a) fiber b) water c) proteins

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8. _____ helps all systems in the body to function properly.

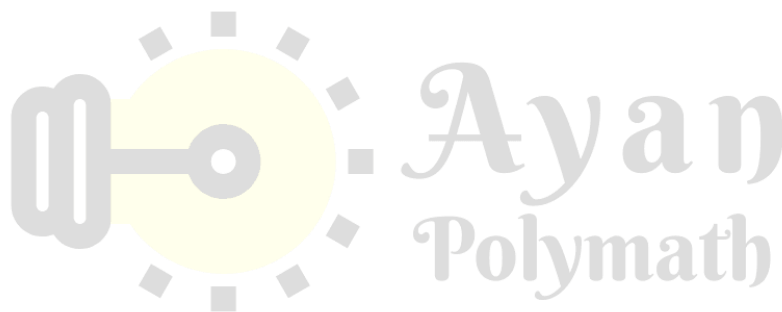
- a) vitamins & minerals b) water c) fats

9. _____ & _____ are not nutrients, but it is important to include them in our diet to stay healthy.

- a) vitamins & minerals b) water & roughage c) fats & water

10. Eating a balanced diet for _____.

- a) good health b) bad health c) nutrient health



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1. b) nutrients
2. a) food
3. c) carbohydrates
4. a) proteins
5. c) fats
6. a) vitamins & minerals
7. a) fiber
8. b) water
9. b) water & roughage
10. a) good health

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