Year 3 Science: Food and nutrients: what your body needs and why

Name: _____ Date: _____

Try these without your notes first, then check the answer key.

Practice

1. Rice gives you energy. Which nutrient does it have most of?

2. Which food helps build and fix your body: bread, fish or an apple?

3. Which nutrient does butter have most of?

4. What is the best drink on a hot day?

5. A lunch is a pie and a fizzy drink. What is missing?

Fix the mistake

6. Correct this statement: "Fat is bad for you, so we should eat none."

7. Correct this statement: "Fruit juice is just as good as water."

8. Correct this statement: "Each food has only one nutrient."