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."

Answer key (for parents and tutors)

1. Rice gives you energy. Which nutrient does it have most of?
   Carbohydrate.
2. Which food helps build and fix your body: bread, fish or an apple?
   Fish, because it has lots of protein.
3. Which nutrient does butter have most of?
   Fat.
4. What is the best drink on a hot day?
   Water.
5. A lunch is a pie and a fizzy drink. What is missing?
   Fruit and vegetables (vitamins and minerals), and water.
6. Correct this statement: "Fat is bad for you, so we should eat none."
   Your body needs some fat for energy and warmth; we just should not eat too much.
7. Correct this statement: "Fruit juice is just as good as water."
   Juice has lots of sugar in it; water is the best drink for your body.
8. Correct this statement: "Each food has only one nutrient."
   Most foods have several nutrients; we sort a food by the one it has most of.