

Model answer



Name : _____

Date : _____

Grade 4 ()

1. Complete these sentences about the food we eat.

Choose from the following words:

balanced

diet

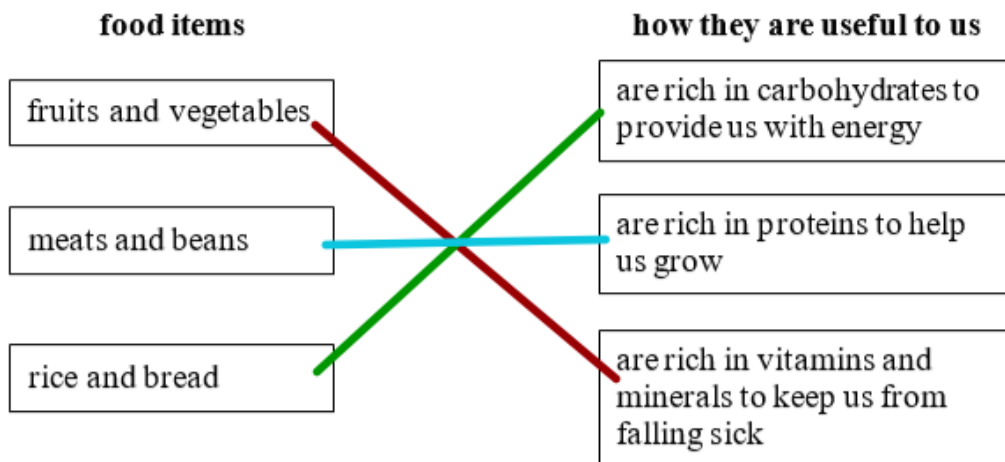
energy

nutrients

fats

- (a) The food we eat is called our ____ **diet** ____.
- (b) The different types of food contain ____ **nutrients** ____ such as carbohydrates, proteins and ____ **fats** ____.
- (c) A ____ **balanced** ____ diet contains the right amounts of different types of food.

2. Draw lines to match the food items to how they are useful to us.



3. Tick (✓) the correct box beside each sentence.

Sentence	true	false
Meat is the only source of protein.		✓
Being overweight can cause health problems.	✓	
Too many fats can cause diabetes.		✓

4.Jia eats the following in a day:

Breakfast: <ul style="list-style-type: none">• 2 slices of bread• 1 glass of milk	Lunch: <ul style="list-style-type: none">• 1 egg sandwich• 1 plate of fries• 1 bag of potato chips• 1 can of soft drink	Dinner: <ul style="list-style-type: none">• 1 bowl of rice• 2 fried chicken wings• 1 ice cream
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Jia's diet is not balanced. Why?

1. Her diet does not include the right amounts of different types of food.
2. It does not include fruits and vegetables.
3. There is also too much of fats and sugary foods.
4. She shouldn't drink any liquid with her meal.

5. A calorie tells us how much energy a food contains. Look at the table.

Type of food	Number of calories
1 serving of apple slices	52
1 serving of fries	365
1 small tub of plain yogurt	128
1 small bowl of lettuce salad with tomatoes	15

a. What type of food contains the most energy?

1 serving of fries

b. Fries are cooked using a lot of oil. Explain why eating a lot of fries can be bad for your health.

Oils are rich in fats. Eating too much of fats can cause heart disease. So, eating a lot of fries can be bad for our health.

6. Different people require different diets.

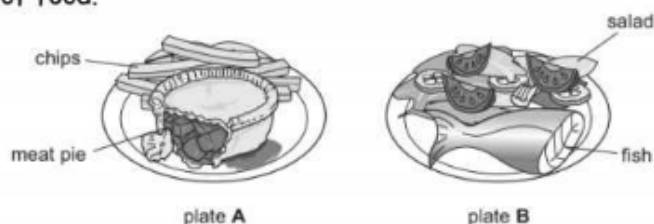
List the factors that affect our diet choices.

a. **age**

b. **gender**

c. **physical activity**

7. Look at the two plates of food.



- (a) Ahmed needs to lose some weight. Which **plate** of food should he choose? Plate B
Explain your answer.

Plate B is balanced , while Plate A is unbalanced
it contain lots of fat.

(b) Complete the sentence with the nutrient contained the most.

- The fish on Plate B contains a nutrient called proteins.
- The salad on Plate B provides our body with vitamins and minerals.
- The potato chips on plate A is a source of fats.

8. Ahmed finds this label on a packet of food.

carbohydrates	21 g
fats	39 g
proteins	3 g
energy	445 kJ

Explain why this food is not a healthy choice.

This food contains too much fats and a small amount of
protein. It is unbalanced.