



**Rosary school Marj El Hamam**  
Science worksheet 2.1



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 \_\_\_\_\_.
- (b) The different types of food contain \_\_\_\_\_ such as carbohydrates, proteins and \_\_\_\_\_.
- (c) A \_\_\_\_\_ 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.

**food items**

fruits and vegetables

meats and beans

rice and bread

**how they are useful to us**

are rich in carbohydrates to provide us with energy

are rich in proteins to help us grow

are rich in vitamins and minerals to keep us from falling sick

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:

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

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?

\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Different people require different diets.

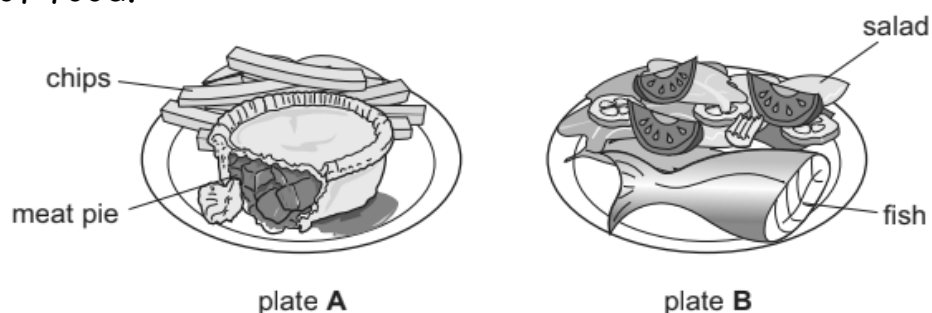
List the factors that affect our diet choices.

(a) \_\_\_\_\_

(b) \_\_\_\_\_

(c) \_\_\_\_\_

7. Look at the two plates of food.



(a) Ahmed needs to lose some weight.

Which **plate** of food should he choose? \_\_\_\_\_

Explain your answer.

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

- The fish on Plate B contains a nutrient called \_\_\_\_\_.
- The salad on Plate B provides our body with \_\_\_\_\_.
- The potato chips on plate A is a source of \_\_\_\_\_.

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

carbohydrates	21 g
fats	39 g
proteins	3 g
energy	445

Explain why this food is not a healthy choice.

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