

Name: _____ Class: _____ Date: _____

Consolidation Worksheet I

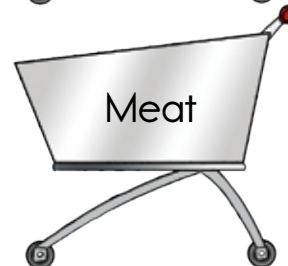
What Are the Different Food Groups?

- Match the food items below to where they are found in the supermarket. The first one has been done for you.

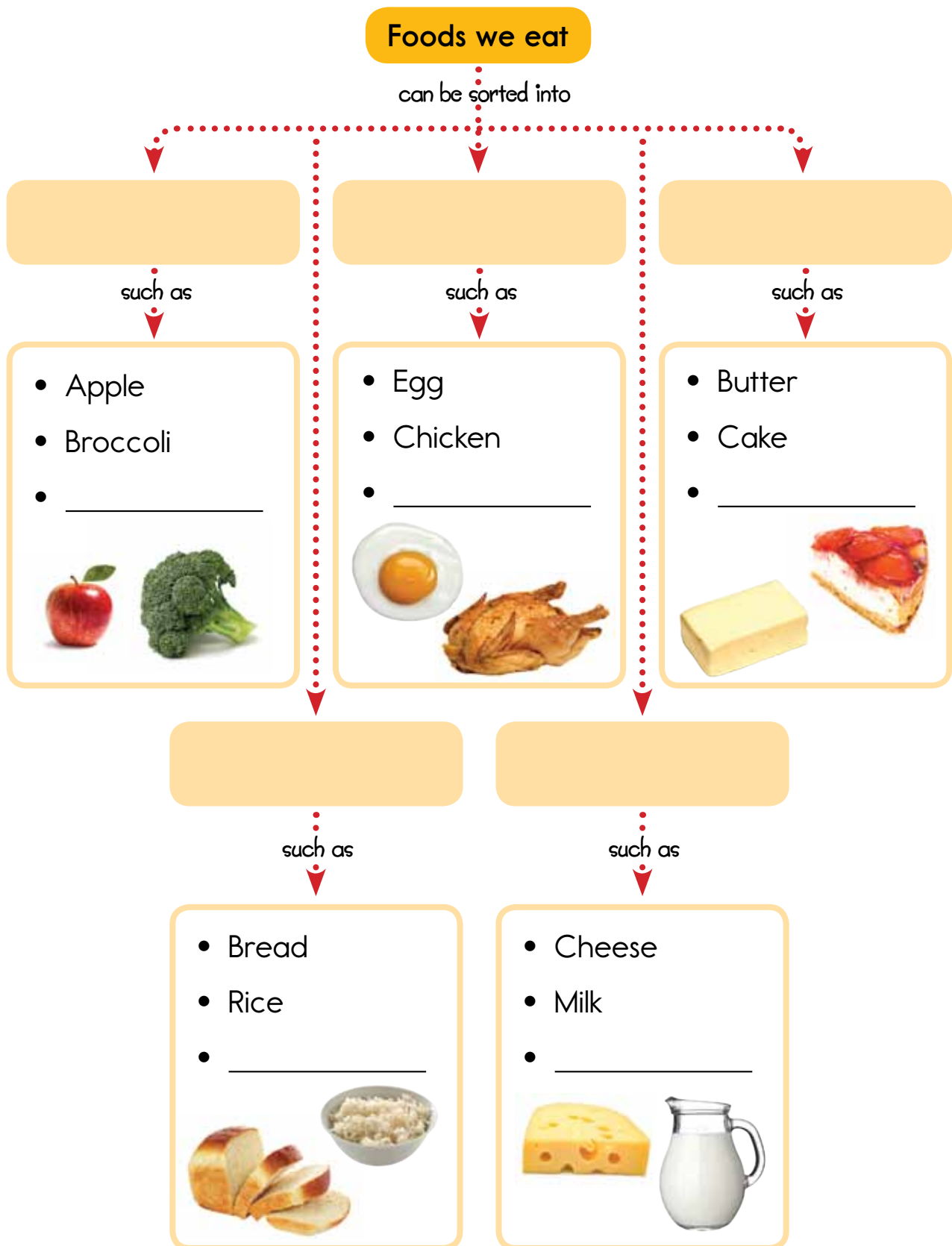
Food item



Section



2. Complete the classification chart below by filling in the name of each food group and giving one example of a food that belongs in each group.



Name: _____ Class: _____ Date: _____

Consolidation Worksheet 2

Why Is a Balanced Diet and Regular Exercise Important?

Your pulse rate is lower when you are at rest and it increases when you exercise.

The pictures below show the different activities that Tom carries out in a day. Put a tick (✓) in the circle beside the activity if Tom's pulse rate is much higher than his resting pulse rate.



Name: _____ Class: _____ Date: _____

Consolidation Worksheet 3

How Can Some Foods Be Harmful to Our Health?

Look at the foods shown below. Put them into groups that explain why they are unhealthy.



Fish and chips



Cupcakes



Fried shrimp



Pudding



Fried nuggets



Ice cream

Unhealthy foods

Oily foods

Sweet and sticky foods

Name: _____ Class: _____ Date: _____

Fun and Games

Wordsearch!

Search horizontally, vertically or diagonally for the words below:

calcium	diet	fibre	oil	protein	vitamin
carbohydrate	fat	mineral	overweight	starch	



W	A	O	V	E	R	W	E	I	G	H	T
C	L	U	V	I	T	A	M	I	N	D	M
A	X	P	F	U	G	R	E	U	Y	F	I
L	Z	Q	R	S	L	I	E	B	T	A	N
C	A	R	B	O	H	Y	D	R	A	T	E
I	E	Y	I	U	T	S	X	I	F	J	R
U	R	L	K	J	P	E	B	H	E	C	A
M	P	F	I	B	R	E	I	Y	O	T	L
O	S	T	A	R	C	H	M	N	S	A	Z



Name: _____ Class: _____ Date: _____

Exam Practice

Process skills: Observing, Analysing, Inferring

The table below shows the amounts of the different nutrients in three different foods.

Food	P	Q	R
Energy	350 calories	700 calories	590 calories
Fats	20 g	45 g	28 g
Fibre	5 g	1 g	2 g
Protein	5 g	38 g	30 g
Carbohydrates	28 g	60 g	55 g

- a. Based on the information given, which letter, P, Q or R, represents each of the foods below?



Potato salad

i. _____



Cheeseburger

iii. _____



Tuna sandwich

ii. _____

Hint:

What ingredients can be found in each food? Which nutrients do they contain?

- b. Tom's brother is participating in a marathon the next day. Which of the foods, P, Q or R, should he eat? Explain your answer. [1 mark]

Consolidation Worksheet

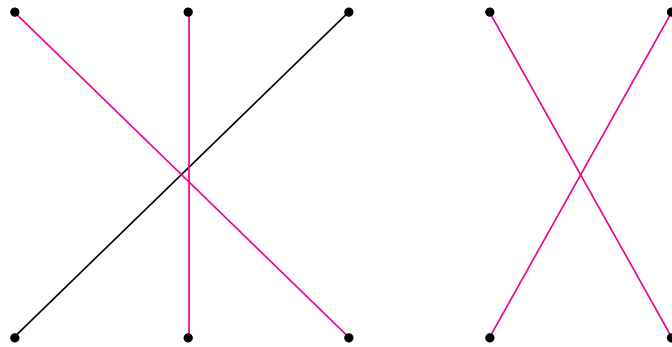
What Are the Different Food Groups?

- Match the food items below to where they are found in the supermarket. The first one has been done for you.

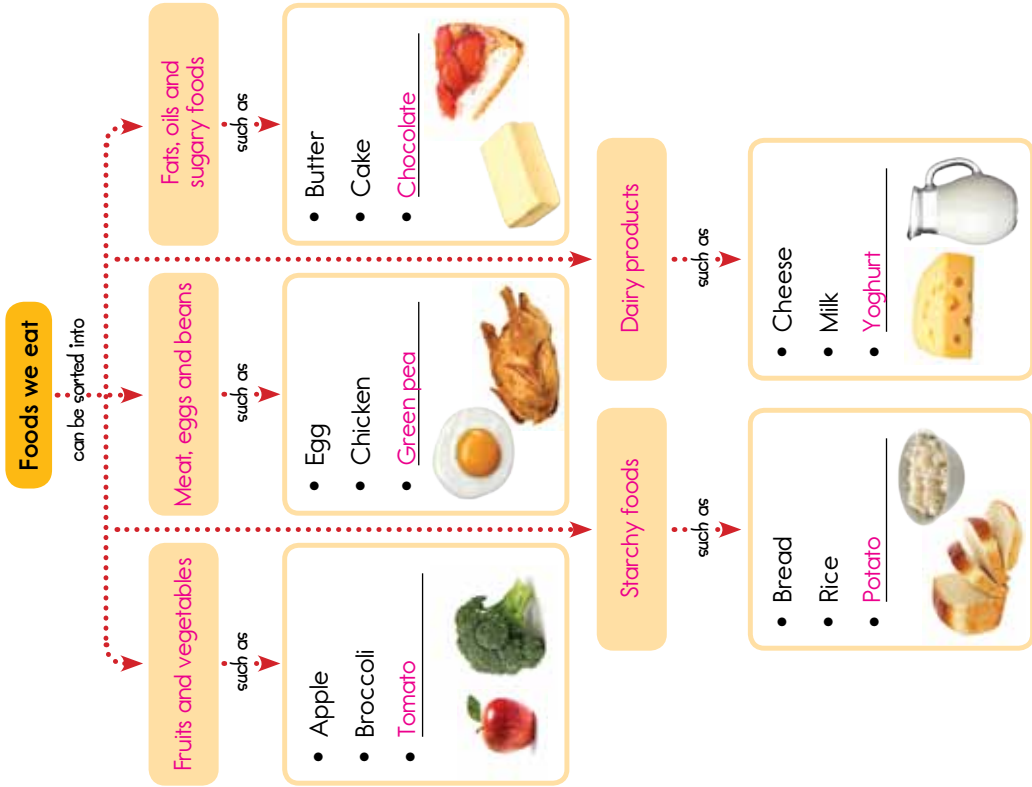
Food item



Section



- Complete the classification chart below by filling in the name of each food group and giving one example of a food that belongs in each group.



(Note to teachers: Accept all possible answers for the examples of the foods in each group.)



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Consolidation Worksheet 2

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Consolidation Worksheet 3

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Cupcakes



Fried shrimp



Pudding

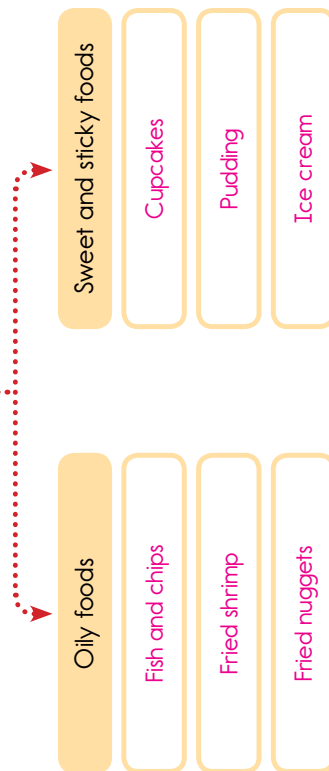


Fried nuggets



Ice cream

Unhealthy foods

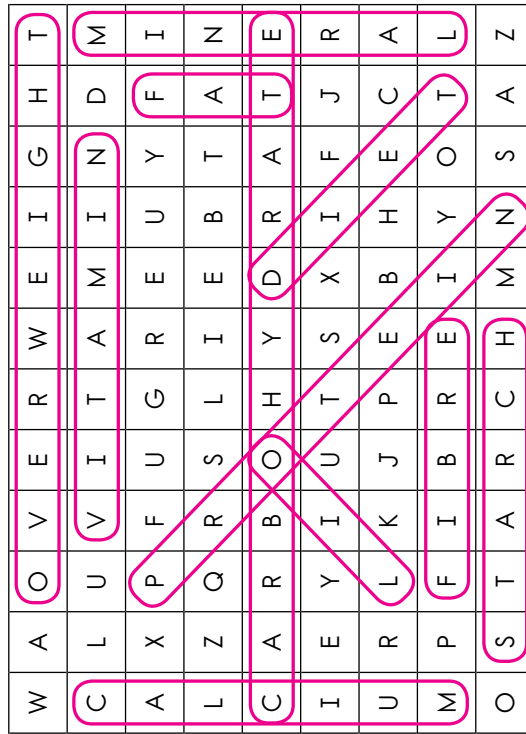


Fun and Games

Wordsearch!

Search horizontally, vertically or diagonally for the words below:

calcium diet fibre oil protein vitamin
carbohydrate fat mineral overweight starch



Exam Practice

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a. Based on the information given, which letter, P, Q or R, represents each of the foods below?



Potato salad

i. **P** _____



Cheeseburger

iii. **Q** _____



Tuna sandwich

ii. **R** _____



Hint:

What ingredients can be found in each food? Which nutrients do they contain?

b. Tom's brother is participating in a marathon the next day. Which of the foods, P, Q or R, should he eat? Explain your answer. [1 mark]

R. It is highest in energy and carbohydrates, which are important for him in a marathon race.

Glossary

Chapter 3: Fit For Life

Chapter 3

Calcium	A type of mineral that is important for strong and healthy bones
Carbohydrate	A substance found in some foods that provides the body with heat and energy
Dairy product	Milk and foodstuff made from milk
Diet	The food that someone eats
Fat	The oily solid or liquid substance found in some food
Fibre	The plant material that cannot be digested but helps us digest our food and pass out faeces easily
Heart disease	A disease of the heart or blood vessels
Mineral	The chemical substance (such as iron or zinc) in certain foods that is important for good health
MyPlate	The food guide that shows the proportion of the five food groups for each meal for a balanced diet (introduced by the U.S. Department of Agriculture)
Nutrient	A substance that we need for energy, growth and health
Oil	Edible liquid substance from plants or animals that contains fat
Overweight	Weighing more than normal
Protein	A substance found in some foods (such as milk, meat, eggs and beans) that is important for growth and repair
Pulse rate	The number of times the heart beats in one minute
Starch	A type of carbohydrate found mainly in plants that is a source of energy
Vitamin	Any of the group of natural substances that are usually found in foods and are important in small amounts for normal growth and activity of the body