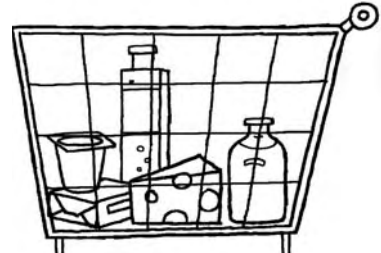


# Science - Food classification

1 Write the food words.

pasta bread potatoes rice sugar fish meat eggs  
chicken vegetables butter oil milk yoghurt cheese



1 carbohydrates

potatoes

2 proteins

3 fats

Complete the sentences.

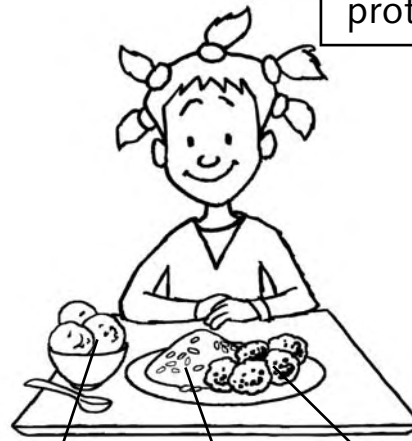
We get carbohydrates from \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

We get proteins from \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

We get fats from \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

2 Use the words to label the pictures.

carbohydrate  
protein fat



protein

Subject: Science

## Food classification

**Objective:** nutrition and food classification

**Vocabulary:** *protein, carbohydrate, fat*, food items

### Introduction

In this worksheet, pupils will learn about proteins, carbohydrates and fats. It is important that they understand that a healthy diet is made up of food from all the different food types, and in the right quantities. Most food contains a mixture of different elements, for example, potatoes are usually classified as carbohydrates but they contain vitamins and minerals as well.

### Warm up

- Ask pupils what kinds of food they should eat in order to ensure they have a healthy diet. You can prompt them by asking *Do people need to eat fruit and vegetables? Do we need to eat fish and meat?*
- Explain that some food is very healthy, like fruit and vegetables. Other food is not healthy at all, like sweets and soft drinks, and other food is all right as long as we don't eat too much or too often, like cakes and biscuits.

### Activity 1

- Pupils write the words under the shopping trolleys.
- Ask volunteers to read their lists. Pupils correct their work.

- Pupils complete the sentences.
- Ask volunteers to read their sentences out loud. Pupils correct their work.

**Answers:** 1-potatoes, rice, sugar, bread, pasta; 2-fish, meat, eggs, chicken, vegetables; 3-butter, oil, milk, yoghurt, cheese

- 1 We get carbohydrates from pasta, bread and potatoes (rice and sugar).
- 2 We get proteins from fish, meat and eggs (chicken and green vegetables).
- 3 We get fats from butter, oil and milk (yoghurt and cheese).

### Activity 2

- Pupils label the food on the trays.
- Ask a volunteer to say what is on (Max's) tray.
- Repeat with the other trays. Pupils correct their work.

**Answers:** (Eddie's tray) potato – carbohydrate, chicken – protein, yoghurt – fat; (Rose's tray) meatballs – protein, rice – carbohydrate, ice cream – fat

### Project idea

- Make food posters for each food type using pictures from magazines.