

SUVA SANGAM COLLEGE

YEAR 9

HOME ECONOMICS

WORKSHEET 10

Strand: Food and Nutrition

Sub Strand: What is Food?

1. Complete the table below by identifying foods which contain the nutrients given and state their uses in the body.



NUTRIENT	FOOD WITH THIS NUTRIENT	WHAT IS USED FOR IN THE BODY
1. Carbohydrates		
2. Protein		
3. Fats		
4. Vitamins		
5. Minerals		
6. Water		
7. Fiber		