



Science Worksheet 1 September 2013

Name: _____ Class: Jr.III _____ Date: _____,2013
Time: 30 minutes Max Marks: 25 Marks Obtained: _____

Q1. Fill in the blanks. /5 marks

- a. We can stay _____ by taking a balanced diet.
- b. There are _____ main food groups.
- c. Eating too much of sweet can damage your _____
- d. The information that you use to answer a question is called _____.
- e. Vegetarians do not eat _____.

Q2. Match the following. /4 marks

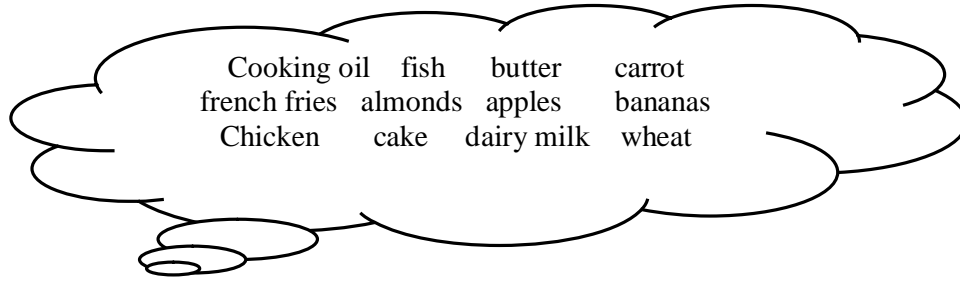
a	Carbohydrates	Warmth
b	Proteins	Health
c	Fats	Growth
d	Vitamins/Minerals	Energy

Q3. State whether True or False: /4 marks

- a. Potatoes and grain group contains starch. _____
- b. We can show evidence through pictogram and bar chart. _____
- c. Eating too much food is good for us. _____
- d. People eat Mopani worms in parts of Africa. _____

Q4. Sort the foods into the correct columns of the table?

/12 marks



Potatoes and Grains	Fruits and Vegetables	Meats and Nuts	Sweet Foods	Fatty Foods