

# Worksheet: Nutrition & Health

Topic: Nutrition and Health | Year: Year 5 | Date: 16.02.2026



## A) Food Groups - Match the foods

1. Carbohydrates \_\_\_\_ a) chicken, fish, beans, eggs
2. Protein \_\_\_\_ b) bread, pasta, rice, potatoes
3. Dairy \_\_\_\_ c) apples, bananas, oranges, berries
4. Fruit \_\_\_\_ d) milk, cheese, yoghurt, butter
5. Vegetables \_\_\_\_ e) olive oil, nuts, avocado
6. Healthy fats \_\_\_\_ f) carrots, broccoli, spinach, tomatoes

## B) Nutrition Words - Fill the gaps

Word Bank: balanced \* calories \* obesity \* calcium \* vegetarian \* water \* junk \* vitamins

1. A \_\_\_\_\_ diet includes all food groups in the right amounts.
2. \_\_\_\_\_ are units that measure the energy in food.
3. Eating too much sugar can cause \_\_\_\_\_ and other health problems.
4. \_\_\_\_\_ are important for strong bones and teeth (found in milk).
5. A \_\_\_\_\_ is someone who doesn't eat meat.
6. You should drink at least 8 glasses of \_\_\_\_\_ every day.
7. Eating \_\_\_\_\_ food like chips and burgers too often is unhealthy.
8. \_\_\_\_\_ help you digest food and are found in fruit and vegetables.



## Worksheet: Nutrition & Health

Topic: Nutrition and Health | Year: Year 5 | Date: 16.02.2026

### Solutions

A: 1-b, 2-a, 3-d, 4-c, 5-f, 6-e

B: 1. balanced, 2. calories, 3. obesity, 4. calcium, 5. vegetarian, 6. water, 7. junk, 8. vitamins