

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.

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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