



Name _____ Class _____ Date _____

1 Food does not supply **materials** and **energy** for _____.

- A growth
- B tissue repair
- C sports and activities
- D microwaves



2 Your body **converts** or changes the **food** that you eat into _____.

- A nutrients
- B minerals
- C diet
- D calories



3 What is **true** about **essential nutrients**?

- A they are made by the body



4 Which is **not** considered a **nutrient**?

- A carbohydrates



5

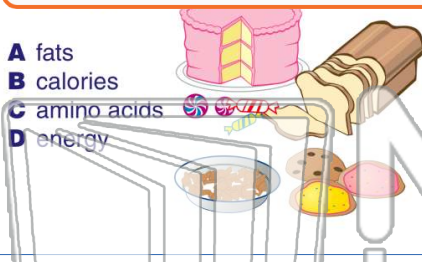


PREVIEW

Please [Sign In](#) or [Sign Up](#) to download the printable version of this worksheet

7

- A fats
- B calories
- C amino acids
- D energy

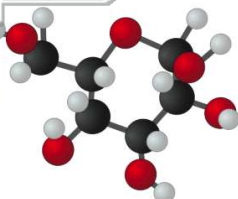


- A an apple
- B a bowl of pasta
- C a soft drink
- D a piece of chicken



9 What does the body convert **sugars** into?

- A glucose
- B amino acids
- C carbohydrates
- D fiber



10 Which is **not** an important fact about **fats** in food?

- A they insulate the body
- B they protect internal organs
- C they store a lot of energy
- D they give a person less energy





Name _____ Class _____ Date _____

1 Food does not supply **materials** and **energy** for _____.

- A growth
- B tissue repair
- C sports and activities
- D microwaves



2 Your body **converts** or changes the **food** that you eat into _____.

- A nutrients
- B minerals
- C diet
- D calories



3 What is **true** about **essential nutrients**?

- A they are made by the body



4 Which is **not** considered a **nutrient**?

- A carbohydrates



5

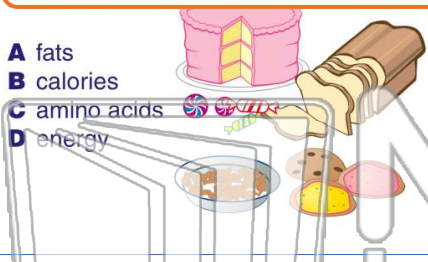


PREVIEW

Please [Sign In](#) or [Sign Up](#) to download the printable version of this worksheet

7

- A fats
- B calories
- C amino acids
- D energy

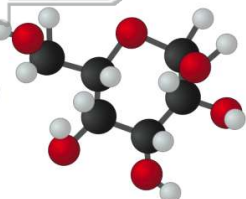


- A an apple
- B a bowl of pasta
- C a soft drink
- D a piece of chicken



9 What does the body convert **sugars** into?

- A glucose
- B amino acids
- C carbohydrates
- D fiber



10 Which is **not** an important fact about **fats** in food?

- A they insulate the body
- B they protect internal organs
- C they store a lot of energy
- D they give a person less energy

