



Name: Form:

See pages 12 and 13 of *Food, teeth and eating*

Energy foods

Sugar is our main source of instant energy, but there is more energy in fat than in any other type of food.

Q1. Write in the names of the things labelled A, B, C and D in the diagram.

A 

B 

C 

D 

Q2. Which source of energy tastes sweet?

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Q3. What does starch change into when it is digested by the body?

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Q4. Which source of energy is found in meat?

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Q5. How could someone cut down on the amount of fat they eat in their diet?

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