

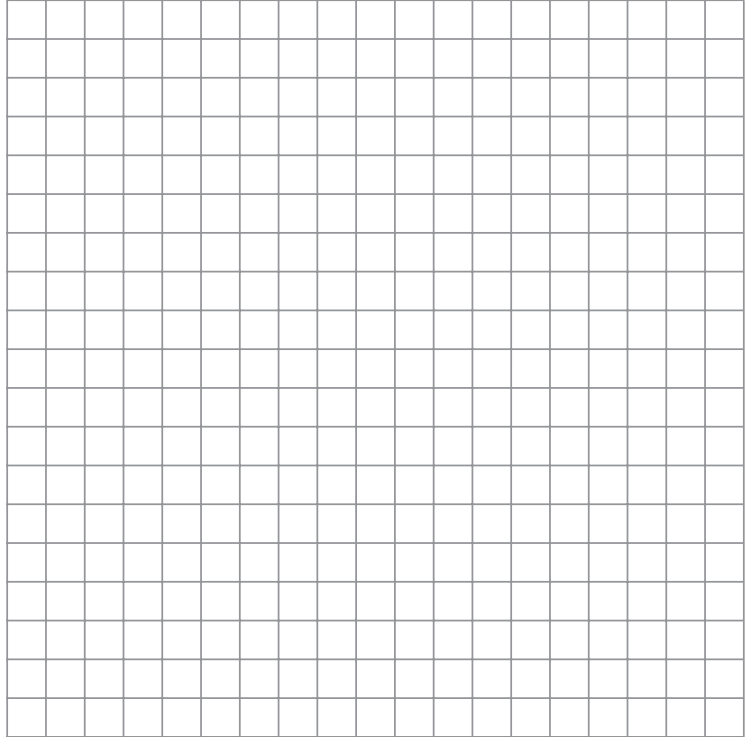


Name: Form:

See pages 4 and 5 of *Keeping healthy*

Food and drink

Food and drink are essential if we are to stay alive.



Q1. A food contained 10 grams of protein, 5 grams of fat and 15 grams of carbohydrate. Use the graph paper on the right to make a bar graph to show this data.

Q2. Which food group do sugars and starch belong to?



Q3. Which food group contains foods to build and repair the body?



Q4. What do cheese and butter contain large amounts of?



Q5. Which food group contains foods to help you fight disease?



Q6. Name five chemicals which the body is made up of.

1 

2 

3 

4 

5 