



مدارس تقارب

Work sheet (3)

التاريخ: ١ ١

في مادة: Science..

لـلـصـف: 5th Grade

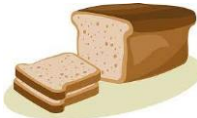
Food and Diet

Carbohydrates

Give us **energy.**



Rice



Bread

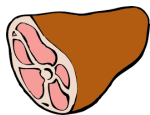


Potato

Proteins

Used for the **growth** of the
Body and help to make

New cells.



Meat



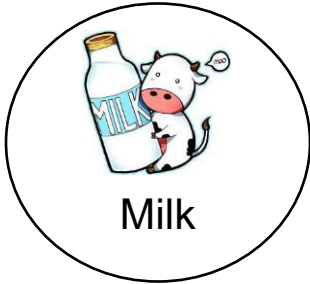
Beans



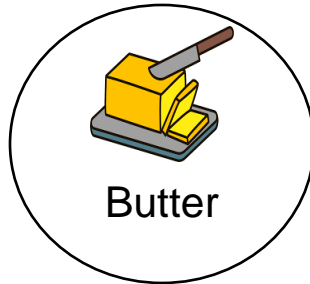
Fish

Fats and oils

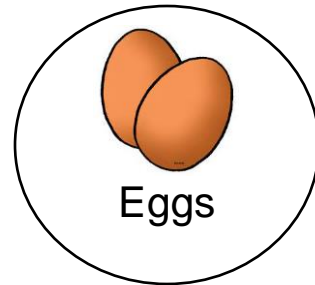
Give us **energy**.



Milk



Butter

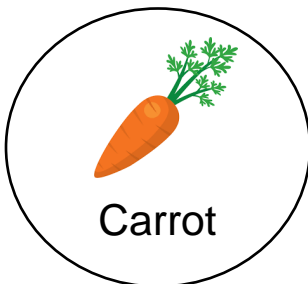


Eggs

Vitamins

We need vitamins to **Grow**
And stay **healthy**.

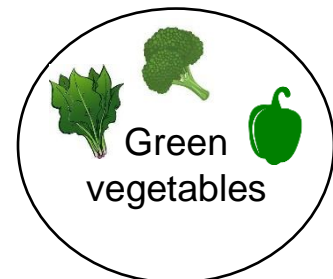
- **Vitamin A:** It keeps the **skin** and **bones healthy**.



Carrot

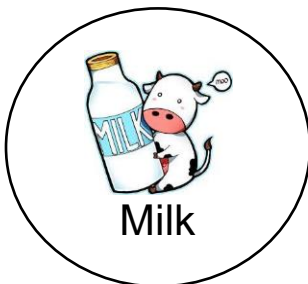


Milk

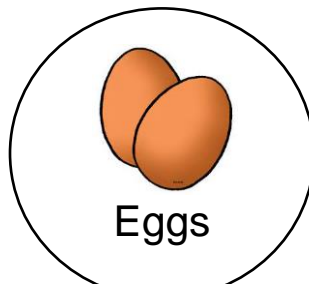


Green
vegetables

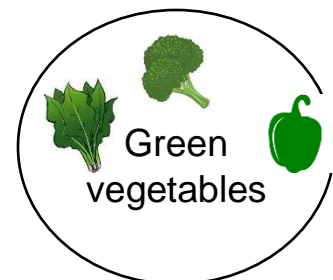
- **Vitamin B:** It is good for the **normal growth** of the body.



Milk

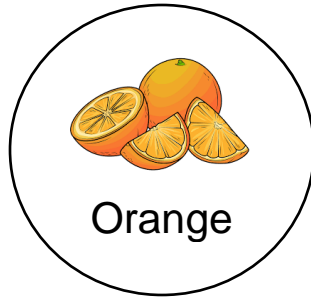
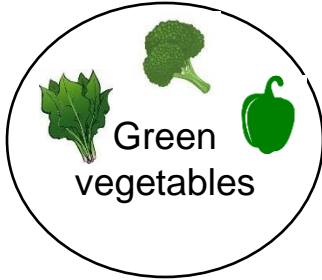


Eggs

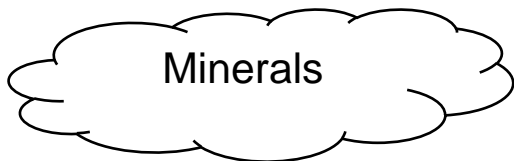
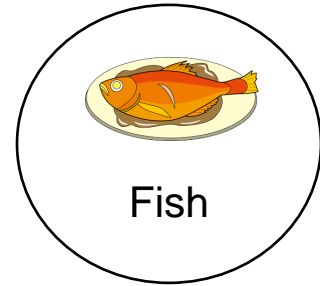
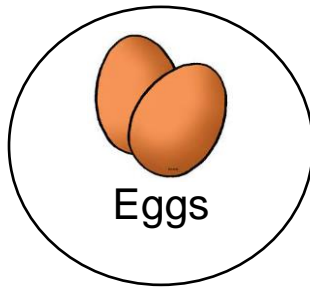
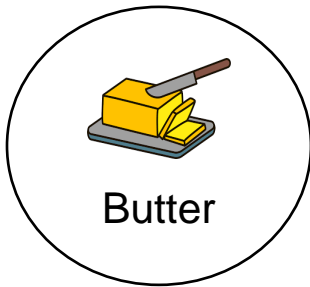


Green
vegetables

- **Vitamin C:** It keeps the **gums, teeth and skin** healthy.



- **Vitamin D:** It good for the **bones and teeth.**



Like **Calcium** and **Iron.**

