

## Grade 8 Natural Science Worksheet

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### Nutrition - food groups

You have learned that a healthy diet is essential.

In this assessment activity, you will read information about food groups and then produce a table to organise the data. Think carefully about what you want your table to show. Marks will be awarded for the way your table looks and how it organises the information.

*“There are four basic food groups: carbohydrates, proteins, fats and vitamins. Carbohydrates give us energy and fibre, while proteins build our bodies allowing us to grow and repair damage. Fats provide us with energy, but vitamins are required for healthy nerves, bones and skin. We get carbohydrates from bread, cereal, pasta and rice. We need 6 – 11 servings of carbohydrates per day. Proteins are found in milk, meat, fish, poultry, eggs and cheese. We need 4 – 6 servings of protein a day. Fats are found in butter, oils and meat. We only require small amounts of fats per day. Vitamins are found in proteins, fruits and vegetables. We should have 5 – 7 servings of these per day.”*

[30 marks]

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### Suggested Solutions

Possible marks	Solution			
1 mark – heading 4 marks – column headings 4 marks – each block in column, data correctly entered = 16 marks 5 marks – neatness of table, ruler used, spacing of columns and rows, spelling, layout etc.	Table of food groups and nutrients			
	<b>Nutrient</b>	<b>Why needed</b>	<b>Where found</b>	<b>Daily servings</b>
	carbohydrates	energy, fibre	bread, cereal, pasta, rice	6 – 11
	proteins	growth, repair	meat, fish, poultry, eggs, cheese	4 – 6
	fats	energy	butter, oils, meat	small amounts
vitamins	healthy nerves, bones, skin	proteins, fruits, vegetables	5 – 7	