

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# THE FOODS WE EAT

Read the questions carefully before answering.

## 1. QUESTION

Match the following to complete each sentence below.

**SORT ELEMENTS** - Nutrients      grow      maintain      energy

Food helps us \_\_\_\_\_ our health.

Food contains \_\_\_\_\_ that helps us stay alive.

Foods we eat provide \_\_\_\_\_ to help us move and do many things.

A young child needs food to help him or her \_\_\_\_\_.

## 2. QUESTION

Which of the following places do you expect to find only meat products?

- |  |   |
|--|---|
| <input type="checkbox"/> a supermarket | <input type="checkbox"/> a butcher's market |
| <input type="checkbox"/> a grocery     | <input type="checkbox"/> a haberdashery     |

## 3. QUESTION

What does **omnivorous** mean?

- One who only eats animals.
- One who eats only plants.
- One who eats both plants and animals.
- One who likes to eat everything.
- One who eats when he wants.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**4. QUESTION**

Which of the following food source is from animal? Select your answers.

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> mushrooms       | <input type="checkbox"/> eggs      |
| <input type="checkbox"/> plantain        | <input type="checkbox"/> asparagus |
| <input type="checkbox"/> cream of tartar | <input type="checkbox"/> cheese    |
| <input type="checkbox"/> sausage         |                                    |

**5. QUESTION**

Which of the following food source is from plants? Select your answers.

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> liver    | <input type="checkbox"/> baking soda |
| <input type="checkbox"/> sausage  | <input type="checkbox"/> plantain    |
| <input type="checkbox"/> broccoli | <input type="checkbox"/> flaxseed    |

**6. QUESTION**

Which of the following food is not of either a plant or animal source.

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> sausage | <input checked="" type="checkbox"/> mushrooms |
| <input checked="" type="checkbox"/> salt    | <input checked="" type="checkbox"/> yogurt    |

**7. QUESTION**

Complete the following sentences.

A \_\_\_\_\_ is an edible fungi.

\_\_\_\_\_ is an inorganic substance.