Nutrition

1. Name one reason why animals and humans need food.

....

2. There are 5 main food groups:

a) Name **two** of them.

....

b) Which food group does meat belong to?

....

c) Which food group does bread belong to?

....

3. Join the nutrient to the job it does.

Nutrients	
Vitamins	
Water	
Protein	
Minerals	
Fibre	
Carbohydrates	
Fats	

Nutrients
gives us energy
helps us digest food
repairs our bodies
moves nutrients around and clears waste
keeps us healthy

.Look at the diagram of a human skeleton and label these bones:

a) Rib cage

b) Pelvis

c) Cranium
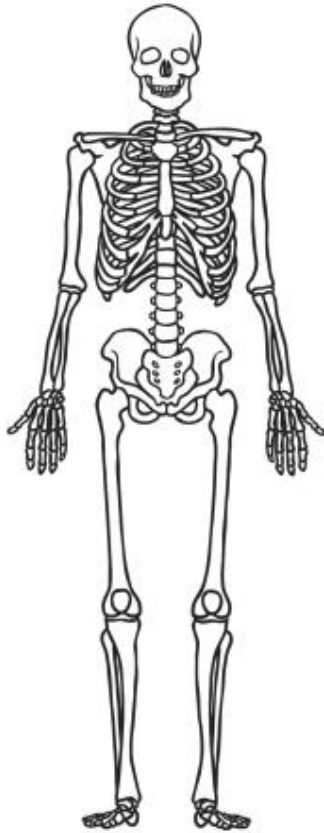
Types of Rock

1. There are **three** types of natural rock. Join up each rock to the correct rock type:

Rock	Rock Type
Sandstone	Igneous
Marble	Sedimentary
Granite	Metamorphic

2. Choose one of the types of rocks above and describe how it is made:

My rock type is:

Description of how this type of rock is made:

Light and Dark

1. Circle all the things that are a light source.

a window

a mirror

the Moon

a candle

the Sun

a torch

2. What is dark?

....

3. Fill in the blank space in this sentence:

   Light travels in a .... line from a light source to an object.

4. What happens to the pupil in your eye if a room gets darker?

....

....

Using Light

5. What happens if you shine a torch on a shiny surface?

....

....