

Reinforcement Worksheet 1

Name: _____ Class: _____ Date: _____

1. Complete the table with the function of each nutrient and examples of foods that contain the nutrient in high quantities.

Nutrient	Function	Examples
Lipids		
Proteins		
Carbohydrates		
Vitamins and Minerals		

2. Match each illness with the type of microorganism that causes it.

cholera

chicken pox

tuberculosis

ringworm

typhoid fever

AIDS

bacteria

fungus

virus

3. List three healthy habits you practice every day.

- _____
- _____
- _____

Reinforcement Worksheet 2

Name: _____ Class: _____ Date: _____

1. Match the foods with the nutrients.

yogurt <input type="radio"/>	<input type="radio"/> proteins
bread <input type="radio"/>	<input type="radio"/> lipids
apple <input type="radio"/>	<input type="radio"/> vitamins and minerals
butter <input type="radio"/>	<input type="radio"/> carbohydrates

2. Write a function and food source of each vitamin and mineral.

a. Vitamin B: _____

b. Vitamin D: _____

c. Iron: _____

d. Calcium: _____

3. List positive and negative effects of each microorganism. Then give an example of each.

	Positive effects	Negative effects	Example
Bacteria			
Viruses			
Fungi			