



**Provincial Department Of Education – Sabaragamuwa  
WEEKLY SCHOOL**

Subject : Science

Grade 7

Week : 08<sup>th</sup> of 3<sup>rd</sup> Term

### Unit 17 – Nutrients in Food(1)

➤ **Food and nutrients**

○ There are five main nutrients in the food we eat. They are,

- .....
- .....
- .....
- .....
- .....

Fill in the tables below.

nutrients	Functions	Sources
1. Carbohydrates		
2. Proteins		
3. Lipids		
4. Vitamins		
5. Minerals		

Vitamin	Sources
A	
B	
C	
D	
E	
K	

Vitamin	Functions
A	
B	
C	
D	
E	
K	