



Provincial Department Of Education – Sabaragamuwa
WEEKLY SCHOOL

Subject : Science

Grade 7

Week : 09th of 3rd Term

Unit 17 – Nutrients in Food(2)

➤ **Food and nutrients**

Mineral	Sources
Calcium	
Phosphorus	
Iron	
Sodium	
Iodine	

Mineral	Functions
Calcium	
Phosphorus	
Iron	
Sodium	
Iodine	

Activity 17.2
Observe lables on different types of food containers. Study the types of nutrients contain in them and tabulate.

- Importance of fibre
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- Food rich in fibre
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- Advantages of having food rich in fibre
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- Importance of water
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- What is a balanced diet?
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- Unfavourable conditions due to lack of balanced diet
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