

Class 4 Science Assessment: Nutrition and Healthy Bodies

Learning objective: To identify that animals, including humans, need the right types and amounts of nutrition and that they cannot make their own food; they get nutrition from what they eat.

Read each question carefully. Max the monkey needs your help to solve these nutritional puzzles! Write your answers clearly in the spaces provided.

Max the monkey is planning a big jungle feast! He knows that to stay healthy and strong for climbing, he needs a variety of foods. He has gathered bananas for quick energy, nuts for building muscle, and leafy greens for his immune system. He explains to his friends that just like humans, animals need to eat food to get the energy they need to live, grow, and play.

Word bank: nutrition · carbohydrates · protein · vitamins · minerals · balanced · energy · growth

1. Max says that animals cannot make their own food. Where do animals get the nutrition they need to survive? (2 marks)

2. Why do humans and animals need protein in their diet? Give one reason. (2 marks)

3. Explain why it is important to have a 'balanced diet' rather than just eating one type of food, like only fruit. (3 marks)

4. If a person is feeling very tired and needs quick energy for a sports match, which food group should they focus on? Name the group and give one example of that type of food. (3 marks)

5. Bea the honeybee explains that plants make their own food using sunlight. How is this different from how humans and animals get their nutrition? (4 marks)

6. Max is planning a healthy lunchbox. He has a sandwich (bread), an apple, and a piece of cheese. Explain how these three items provide different nutritional benefits to help Max stay healthy. (5 marks)

7. True or False: All animals eat the exact same types of food to get their nutrition. Explain your answer. (6 marks)

Draw: Draw a 'Balanced Lunchbox' for a Class 4 student. Include at least three different food groups and label them using the words from the word bank.



Extension challenge: Total: /25