

Year 4 Science Assessment: Nutrition and Food Groups

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

Read each question carefully. Use the word bank to help you spell your answers. Write your answers in the boxes provided.

Max the monkey is planning a healthy lunch. He knows that humans and animals need food to grow and stay healthy. Max remembers that he cannot make his own food, so he must eat different things to get the nutrition he needs. He makes sure his plate has a balance of different food groups.

Word bank: nutrition · plants · animals · carbohydrates · protein · vitamins · water · energy

1. 1. Max knows he cannot make his own food. Where do humans and animals get their nutrition from? (1 mark) (1 mark)

2. 2. Name two food groups that help our bodies stay healthy. (2 marks) (2 marks)

3. 3. Why do humans need to eat food? Give two reasons. (2 marks) (2 marks)

4. 4. Nova the owl is looking at a food label. It costs £2.50. She sees that the food is full of protein. Why is protein important for our bodies? (3 marks) (3 marks)

5. 5. Think about a healthy meal. List three items on the plate and say which food group they belong to. (6 marks) (6 marks)

6. 6. Max is going to run a race. Explain why he needs to eat carbohydrates before he starts. Use your own words to describe how it helps him. (6 marks) (5 marks)

Draw: Draw a healthy plate of food for Max the monkey. Label the different food groups you have included.



Extension challenge: Imagine you are a nutritionist. Write a short note to a friend explaining why eating only one type of food (like only sweets) is bad for the body. Total: /25