Name _____ Date _____

Science · Food and teeth

Food Groups

Write each food in its group.

rice | eggs | spinach | roti | fish | oranges | potato | daal | carrots

Energy foods	Body-building foods	Protective foods

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Name _____ Date _____

Science · Food and teeth

Our Teeth

Fill in the blanks.

cutting | tearing | grinding | twice | sugar

1. Incisors are for _____ food.
2. Canines are for _____ food.
3. Molars are for _____ food.
4. Brush your teeth _____ a day.
5. Too much _____ can cause tooth decay.

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Name _____ Date _____

Science · Food and teeth

A Balanced Meal

Circle the more balanced meal.

1.

roti, daal, salad and a glass of milk

chips and a fizzy drink

2.

only sweets

rice, chicken and vegetables

3.

egg, paratha and fruit

only biscuits

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ANSWER KEY

Name _____ Date _____

Science · Food and teeth

Food Groups

Write each food in its group.

rice | eggs | spinach | roti | fish | oranges | potato | daal | carrots

Energy foods	Body-building foods	Protective foods
rice	eggs	spinach
roti	fish	oranges
potato	daal	carrots

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ANSWER KEY

Name _____ Date _____

Science · Food and teeth

Our Teeth

Fill in the blanks.

cutting | tearing | grinding | twice | sugar

1. Incisors are for **cutting** food.
2. Canines are for **tearing** food.
3. Molars are for **grinding** food.
4. Brush your teeth **twice** a day.
5. Too much **sugar** can cause tooth decay.

ANSWER KEY

Name _____ Date _____

Science · Food and teeth

A Balanced Meal

Circle the more balanced meal.

1. **roti, daal, salad and a glass of milk**

chips and a fizzy drink

2. only sweets

rice, chicken and vegetables

3. **egg, paratha and fruit**

only biscuits

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