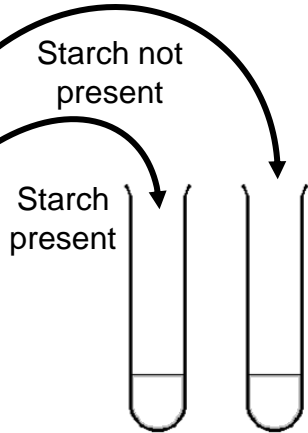


Name:

Starch



Starch is found in

Starch is needed for

Vitamins

There is no food test for vitamins but
Vitamins are found in

Vitamins are needed to

Fibre

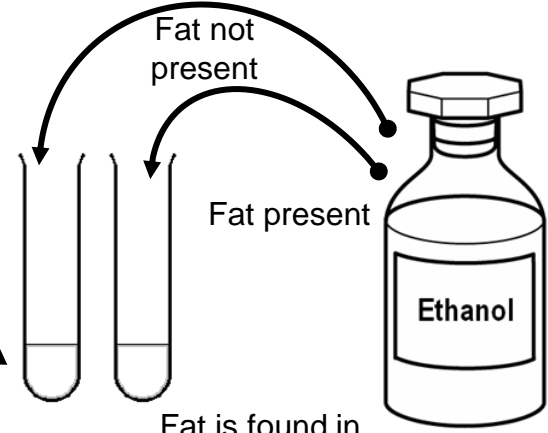
There is no food test for fibre but fibre is needed to

Water

There is no food test for water to keep healthy we should drink 8 glasses a day

Food Tests

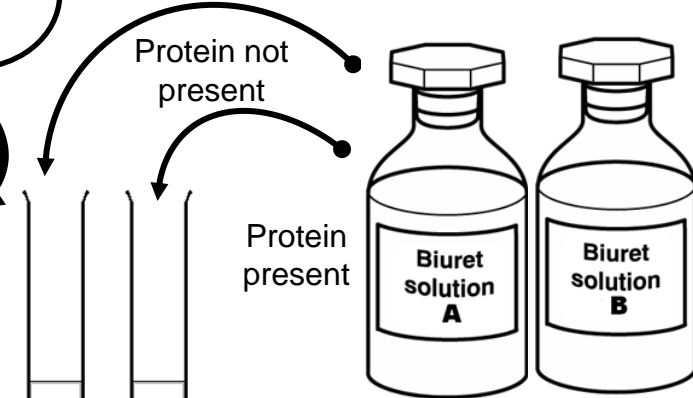
Fat



Fat is found in

Fat is needed for

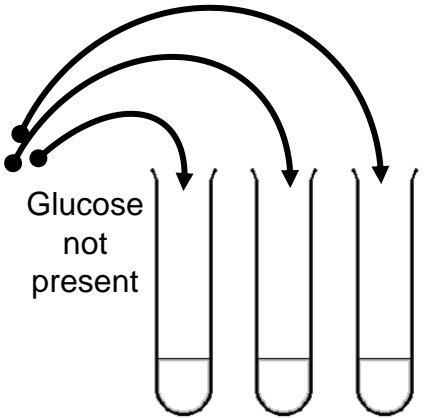
Protein



Protein is found in

Protein is needed for

(Sugar) Glucose



Glucose is found in

Glucose is needed for

Minerals

There is no food test for minerals but
Minerals are found in

Minerals are needed to