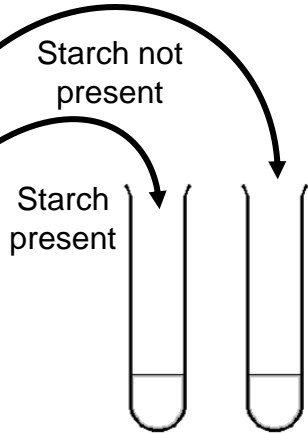


**Name:**

### 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

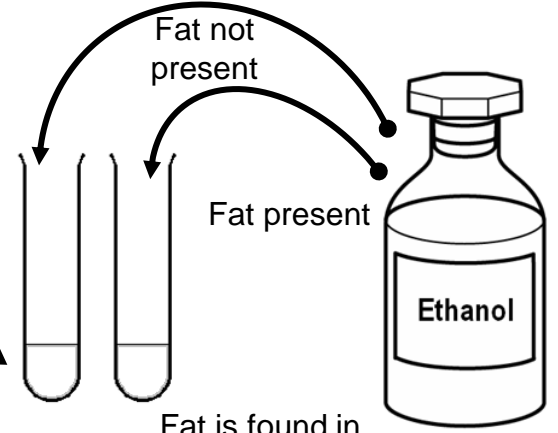
There is no food test for fibre but fibre is needed to .....

### Water

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

# Food Tests

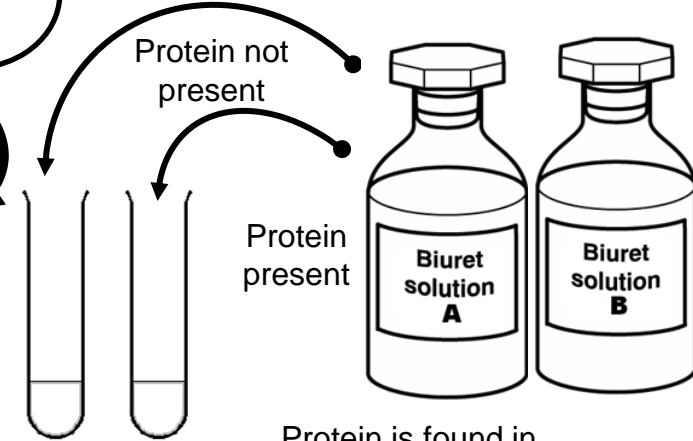
### Fat



Fat is found in .....

Fat is needed for .....

### Protein



Protein is found in .....

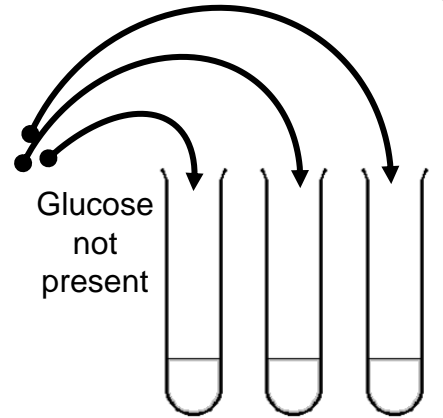
Protein is needed for .....

### Minerals

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

Minerals are needed to .....

### (Sugar) Glucose



Glucose is found in .....

Glucose is needed for .....