

Solution and mixtures - if you can see ingredients it's a mixture if you can't see them it's a solution.

Separation techniques - Hand sorting, evaporation, sieving and filtering

Main food types:

Protein - in every thing + red blood cells, repair tissues, help growth and help immune system

Carbohydrates - help growth + movement, keep you warm, starch is long lasting energy and sugar is quick energy

Vitamins & minerals - work with carbs, proteins and fats and oils, help you grow and develop normally, help you have strong teeth and bones, good eyesight and helps immune system

Fats and Oils - there are good fats, bad fats are called saturated, gives you the most energy, stored as body fat and forms protective layer around organs.

Afrikaans:

Vraagwoorde en tydswoorde:

Toekomende tyd:

Sal + werkwoord(verb)

Sal replaces verb then put verb at the end of the sentence.

If you include a tydswoord remember format tydswoord, verb and subject and predicate.

Sal + wees

If verb is is change to sal and add wees at the end of sentence.

If het is verb change to sal and add hê at the end of sentence.

Trappe is the degrees of comparison for a word. Usually add -er for middle and die -ste for end.

Adjectives:

Rules: