THE NUTRIENTS IN FOOD

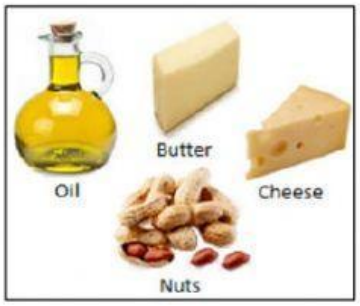
1. Match each food to the nutrient it contains.

carbohydrates

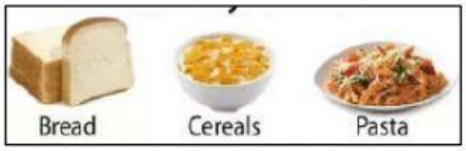
fats

proteins

vitamins and minerals





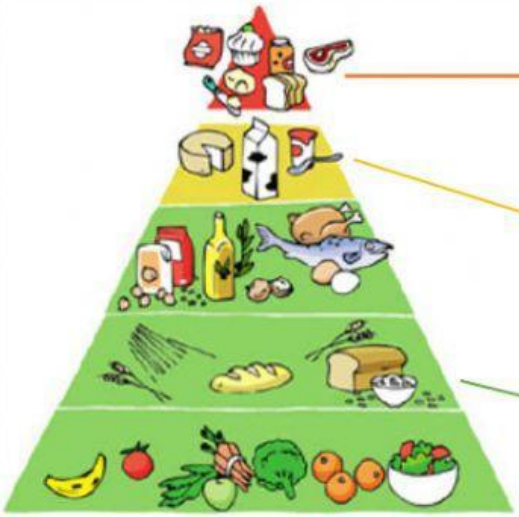




2. Choose the correct nutrient to complete the definitions.

- help us to stay healthy.
- help us grow. They make your hair and nails grow. They also repair body tissues.
- build a store of extra energy for when we need it.
- give us energy to run, ride a bike and study.

3. Complete these sentences about the food pyramid.



The food on this level is_____ because it has lots of _____. Eat it in special occasions.

The food on this level is essential but in _____ quantities. Eat a little of it everyday.

The food on these levels _____ essential for good health. Eat some everyday!

LIVEWORKSHEETS

4. Classify each food by writing the number of the nutrient they contain.

1. Carbohydrates

2. Fats

3. Proteins

4. Vitamins and minerals


Butter __


Potatoes ___


Strawberries __


Fish __


Chicken __


Oil __


Eggs __


Apples __


Rice __


Broccoli __


Pasta __


Chorizo __

HEALTHY HABITS

5. Choose if these habits are healthy or unhealthy.



- Go to bed early.
- Sleep 10 hours every night.
- Exercise before you go to sleep.



- Stretch and warm up your muscles.
- Spend time with you family and friends.
- Do some exercise once a month.



- Don't eat lots of fruit and vegetables.
- Eat lots of sweets.
- Drink lots of water.
- Eat a variety of food.



- Cover your mouth when you cough.
- Brush your teeth after meals.
- Wash your hands very often.
- Watch TV all day long.

LIVEWORKSHEETS