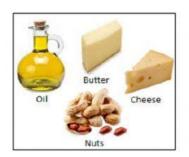
THE NUTRIENTS IN FOOD

1. Match each food to the nutrient it contains.



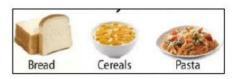


fats

proteins

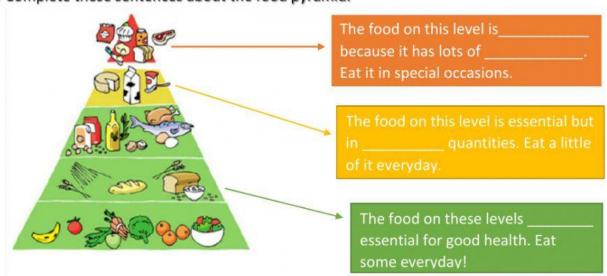
vitamins and minerals







- 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.



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_



Oil __



Broccoli ___



Strawberries



Eggs_



Pasta__



Fish



Apples



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.