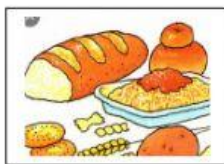


Name: _____ Date: _____

I. Part: Look at the picture and match with the word.



1. Healthy food

2. Obesity

3. Overnutrition

4. unhealthy food

5. undernutrition

6. Proteins

7. vitamins

8. Carbohydrates



II. Part. Read and write true or false.

1. Nutrients provide energy. _____
2. Meat group and milk group are rich in proteins. _____
3. Nutrition is the study of animals. _____
4. The nutrients are vitamins, proteins, fats, and minerals. _____.
5. Fruits are rich in vitamins and minerals. _____
6. Nutrients are unhealthy for your body.