NAME :

Part 1

Write the correct answers. Read and listen to text and check your answers. (page 103)

NUTRIENTS IN FOOD

water	minerals	fat (X2)	protein	vitamins	diseases	carbohydrates

If you want to be fit and healthy, it's important to eat and drink the right things. The nutrients in food and drink give us energy and help us stay strong. There are six main types of nutrient.

1)_____ makes you strong. There is a lot of this in meat, fish, milk, eggs, beans and nuts.

2)_____ give us energy. There are a lot of these in bread, pasta, rice and potatoes.

3)_____ are important nutrients in the food we eat and you can find them in different types of food, like fruit and vegetables. People who don't get many of these in their food can get 4)_____.

5)_____ are important for strong teeth and bones. You can find them in meat, fish, milk, vegetables and nuts.

This nutrient has got most energy and is good for our skin and hair. The 6)_____ in food such as butter, chocolate, chips, burgers and crisps is unhealthy, but the 7)_____ in food like olive oil, nuts and some fish is healthy.

8)_____ is also a very important nutrient. You can't live for more than one or two days without it. There's a lot of this in fruit, vegetables and juice, too.

LIVEWORKSHEETS

Part 2

2. Read the sentences below. Write 'true' or 'false' based on the text in exercise 1.

1	There aren't any nutrients in drinks.	true	false
2	Nutrients give us energy.	true	false
3	There isn't any protein in beans.	true	false
4	You can get diseases if you don't eat a lot of vitamins.	true	false
5	Minerals are good for healthy teeth.	true	false
6	Carbohydrates have got the most energy.	true	false
7	Some types of fat are good for you.	true	false
8	There isn't any water in vegetables.	true	false

3. Read the sentences and write the names of the food in the text. (page 103)

1	It's got animal fat in it. It's from milk. We put it on bread. Answer: _____
2	It's got vegetable fat in it. It's in a bottle. We put it on salads. It's very healthy. Answer: _____
3	It's got a lot of protein in it. It's white. We drink it. Answer: _____
4	These have got a lot of protein. You can cook them or eat them in a salad. They can be different colours. Answer: _____
5	It's brown and very sweet. It's delicious, but it's got a lot of fat. Answer: _____

LIVEWORKSHEETS