Project 4 Unit 3

English across the curriculum

BIOLOGY

1. Read and listen to the text on p. 41. Are the statements true (T) or false (F), or doesn´t say (DS)?

1. We get all our vitamins from food.
2. Junk food doesn´t contain vitamins or minerals.
3. Your body can´t store vitamin C.
4. Iron and zinc are minerals.
5. We get most of our minerals from fruit.
6. The most important B vitamin is B12.
7. You need two hours of sunshine to get enough vitamin D.
8. Eggs contain vitamins A, B, D and E.

2. Read the text again. Complete the chart.

Vitamin	Good for	From
A		
B		
C		
D		
E		

3. Complete the sentences with these verbs.

absorb	store	contain	provides	carries	get

1. Your body can _____ vitamins A, B, D, and E.
2. Fish and meat _____ a lot of minerals.
3. Blood _____ oxygen to your muscles.
4. Your body can _____ vitamin D from sunshine.
5. A balanced diet_____ enough vitamins and minerals.
6. Bones _____ calcium

4. Think about your lunch yesterday. What did you have? What vitamins and minerals did it contain?

LIVEWORKSHEETS