

NUTRITION

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Essential elements

Most foods contain proteins, carbohydrates and fats in different proportions.

➤ Listen to the names and match each name with its sound. Then repeat the name aloud.

Proteins



Milk
Cheese
Eggs
Meat
Fish
Legumes
Dry fruits

Carbohydrates



Pasta
Rice
Bread
Tubers
Vegetables
Corn
Honey

Fats



Olive Oil
Olives
Advocado
Fish
Nuts and dry fruits
Margarine
Seeds

❖ Match the words with their translation.

Olive Oil

Olives

Advocado

Fish

Nuts and dry fruits

Margarine

Seeds

Llavors

Peix

Advocat

Olives

Margarina

Oli d'oliva

Nous i fruits secs

Pasta

Rice

Bread

Tubers

Vegetables

Corn

Honey

Milk

Cheese

Eggs

Meat

Fish

Legumes

Dry fruits

Pa

Tuvèrculs

Blat de moro

Mel

Arròs

Pasta

Verdures

Llegums

Ous

Formatge

Fruits secs

Llet

Carn

Peix

- Food also contains fiber, vitamins and water.

 **Vitamins**



 **Fiber**



 **Water**



THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health

- Put each group in its place. (Col·loca cada grup en lloc que li correspon).

Vegetables and fruits

Carbohydrates

Healthy fats/oils

Fish, poultry and eggs

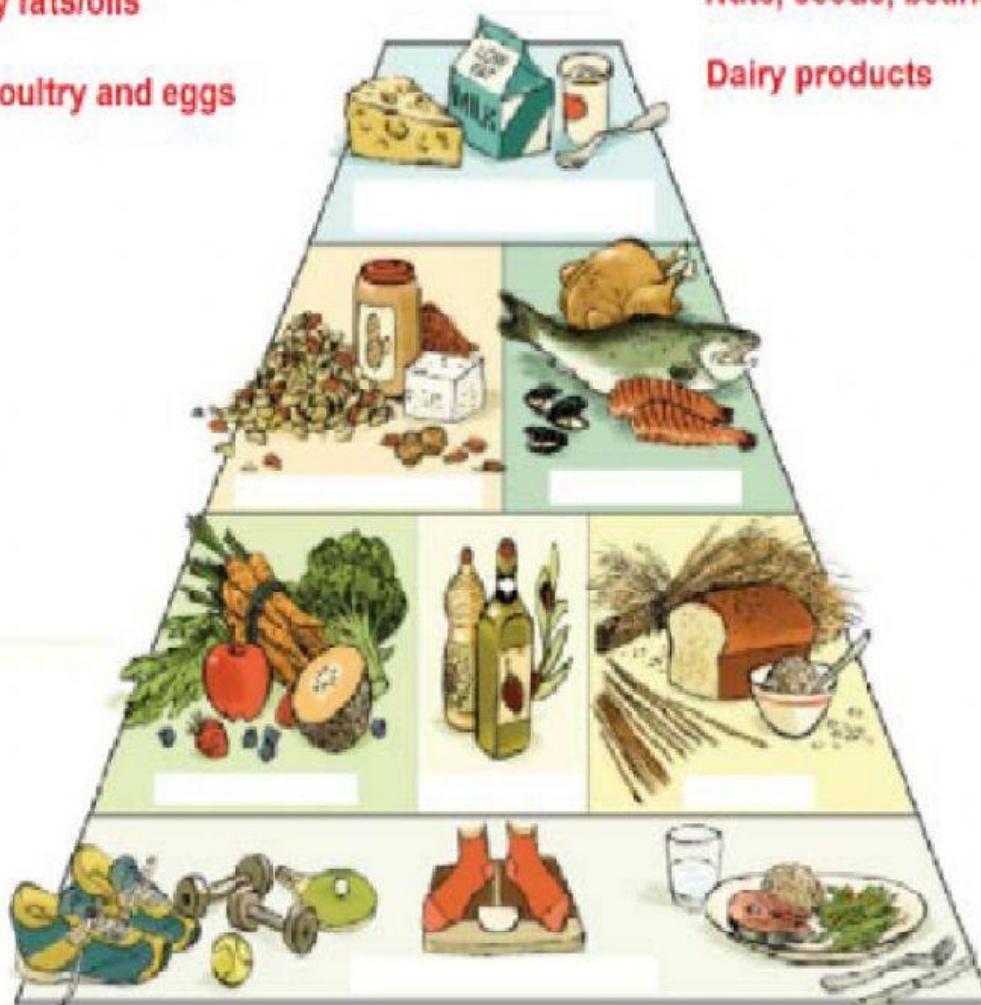


Daily exercise and weight control

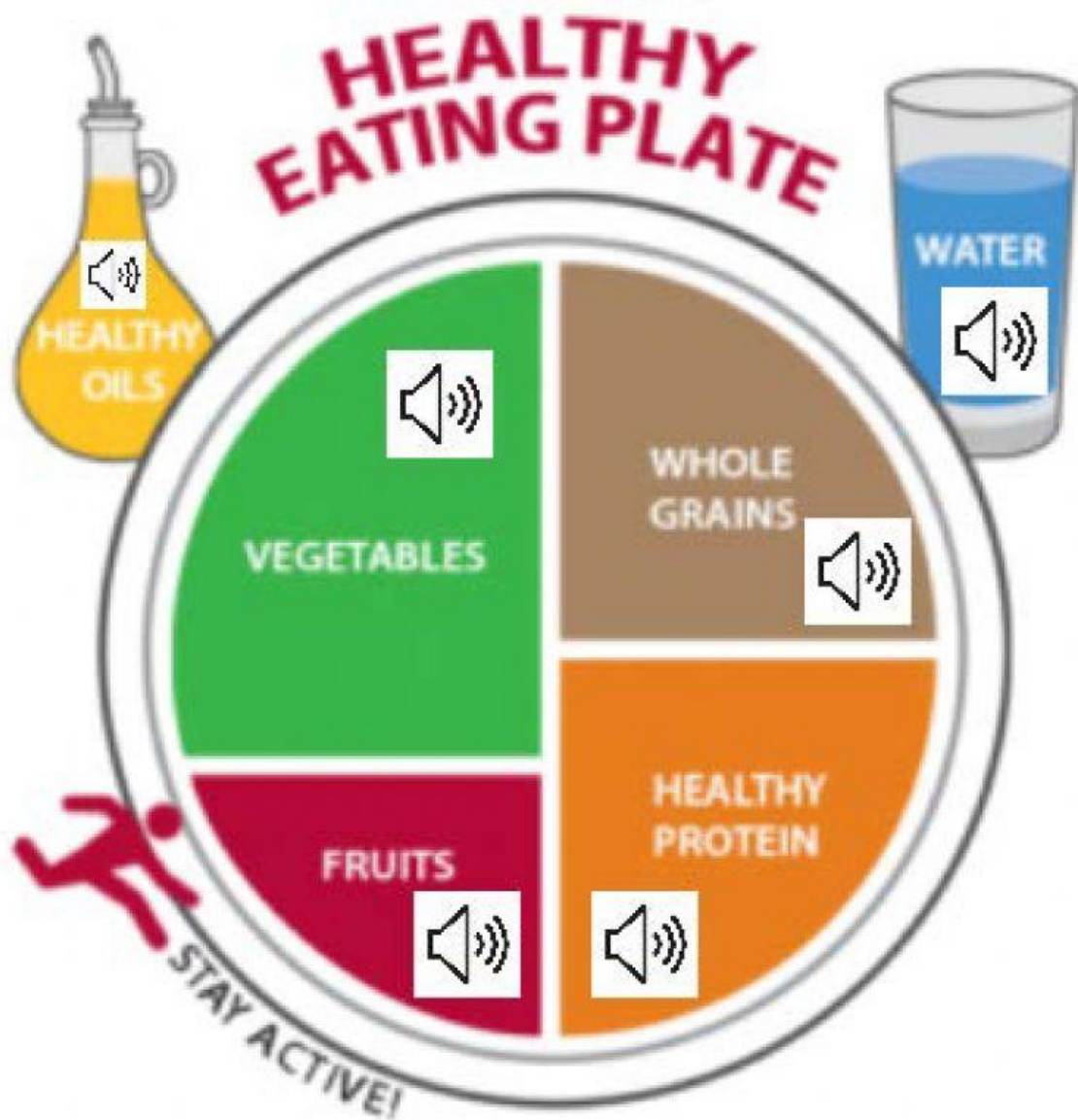
Whole grains

Nuts, seeds, beans and toffu

Dairy products



- This should be the distribution of the food at each meal. Click on the speakers to hear the words.



➤ Click on the images and listen to the pronunciation. Then repeat them out loud.



Bread 



Pasta 



Poultry 



Beef 



Fish 



Milk 



Eggs 



Cheese 



Vegetables 



Seeds 



Fruits 



Soda 

➤ Drag and drop each meal to its group.

Beef	Fish	Milk	Dry fruits
Poultry	Pasta	Soda	Seeds
Bread	Vegetables	Nuts	Oil



Protein



Carbohydrates



Fats

➤ Find the intruders in each group.

Proteins

Fish
Meat
Bread
Milk

Carbohydrates

Fruit
Cheese
Vegetables
Corn

Fats

Oil
Soda
Eggs
Seeds

- Foods with low nutritional value should be reduced.

ULTRA-PROCESSED FOOD

Candy



Sodas/soft drinks



Crisps/potato chips



Canned food



Pizza



Hamburger



Chips



Hot dog



Doughnuts



Pastry



Biscuits/cookies



Ice cream



Charcuterie



Processed juice



Sauces



➤ **Choose the most suitable answer.**

1. Is ultra processed food healthy?

2. Do you like junk food?

3. Do you know the effects of this type of food on your health?

4. What should their consumption be?

5. What foods are most appropriate for your school lunch?

6. Why is ultra-processed food also known as junk food?