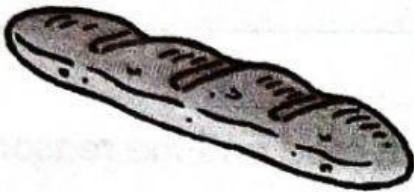


Topic 9 A balanced diet

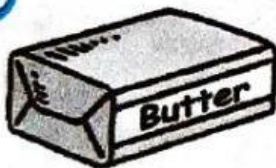
- 1 What is the main nutrient (food substance) that each of these foods provides? Write the nutrient under the picture. You will need to use each word twice.

carbohydrate protein fat

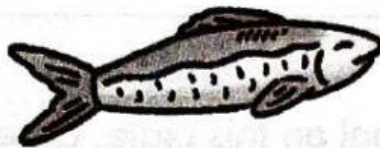
a



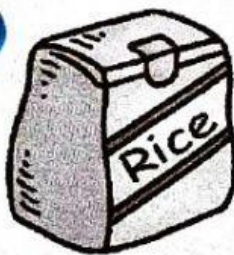
d



b



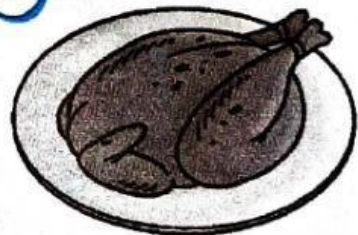
e



c



f



2 True (T) or false (F)?

- a Potatoes and rice are fatty foods. ☐
- b You should only eat one type of food each day. ☐
- c You need a mixture of different foods to stay healthy. ☐
- d Burgers, fries and cakes are good sources of vitamins and minerals. ☐
- e Fresh fruit and vegetables provide vitamins, minerals and fibre. ☐