

UNIT 2: NATURAL SCIENCE. VIDEO 2: FOOD PYRAMID.

Name:

1	Why do we eat food?	
A	Because it is delicious.	
B	To be fatter and fatter.	
C	To get energy to work and to grow.	
2	We can divide food in 5 types:	
A	Carbohydrates, fats, proteins, water, vitamins and minerals.	
B	Milk, butter, bread, fruit and chocolate.	
C	Sausages, pizza, fish, chicken and soup.	
3	Carbohydrates give us...	
A	Energy.	
B	Tiredness.	
C	Fats.	
4	Fats...	
A	Give us energy.	
B	Store of energy in body. Slow energy.	
C	Help us to fight diseases.	
5	Proteins...	
A	Store of energy in body. Slow energy.	
B	Keep body healthy and fight diseases.	
C	Body building and repairing.	
6	Vitamins and minerals...	
A	Body building and repairing.	
B	Keep body healthy and fight diseases.	
C	Store of energy in body. Slow energy.	
7	Water is very important because...	
A	It helps us to fight diseases.	
B	It gives us energy.	
C	It keeps our body clean and it helps in digestion.	