

UNIT 2: NATURAL SCIENCE. VIDEO 3: BALANCED DIET.

Name:

1	We need to get...	
A	Proteins, fats, water, carbohydrates, dietary fibres, minerals and vitamins.	
B	Proteins, fats, soft drinks and vitamins.	
C	Carbohydrates, candy, dietary fibres, water, minerals and vitamins.	
2	Carbohydrates + fats =	
A	Confidence giving foods.	
B	Tiredness giving foods.	
C	Energy giving foods.	
3	Proteins help in growth and...	
A	Sleep.	
B	Repair of body.	
C	Damage the body.	
4	To avoid diseases, we need...	
A	Fats and proteins.	
B	Carbohydrates and dietary fibres.	
C	Vitamins and minerals.	
5	Water helps us to get rid of...	
A	Liquid wastes: sweat and urine.	
B	Food wastes: poo.	
C	Unnecessary products.	
6	Water also helps to absorb...	
A	Urine.	
B	The dissolved nutrients.	
C	Air.	
7	We need to have the correct amounts of...	
A	All these nutrients.	
B	All the soft drinks.	
C	Water and proteins.	