

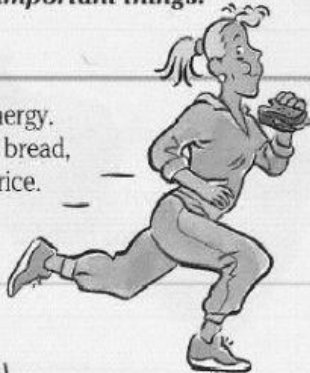
# NOTHING'S BETTER THAN A GOOD SQUARE MEAL!!

1) Read the text:

## EAT WELL stay healthy

*Good food has seven important things.*

**CARBOHYDRATES** give you energy. There are carbohydrates in bread, sugar, potatoes, pasta and rice.



**FATS** make you strong and give you energy. There are fats in meat, butter and cheese and oil.

**VITAMINS** are important for your eyes, your skin, your bones, your hair and for other parts of your body. There are 13 types of vitamins (A, B, C, and so on). There are vitamins in many types of food.



**PROTEIN** helps you to grow and gives you energy. There is protein in meat, fish and milk.



**WATER** is important for your blood. It also cleans your body from the inside. Drink lots of water every day!

**MINERALS** make your bones and teeth strong. There are different types of minerals in milk, vegetables, eggs, meat, cereals and many other foods.



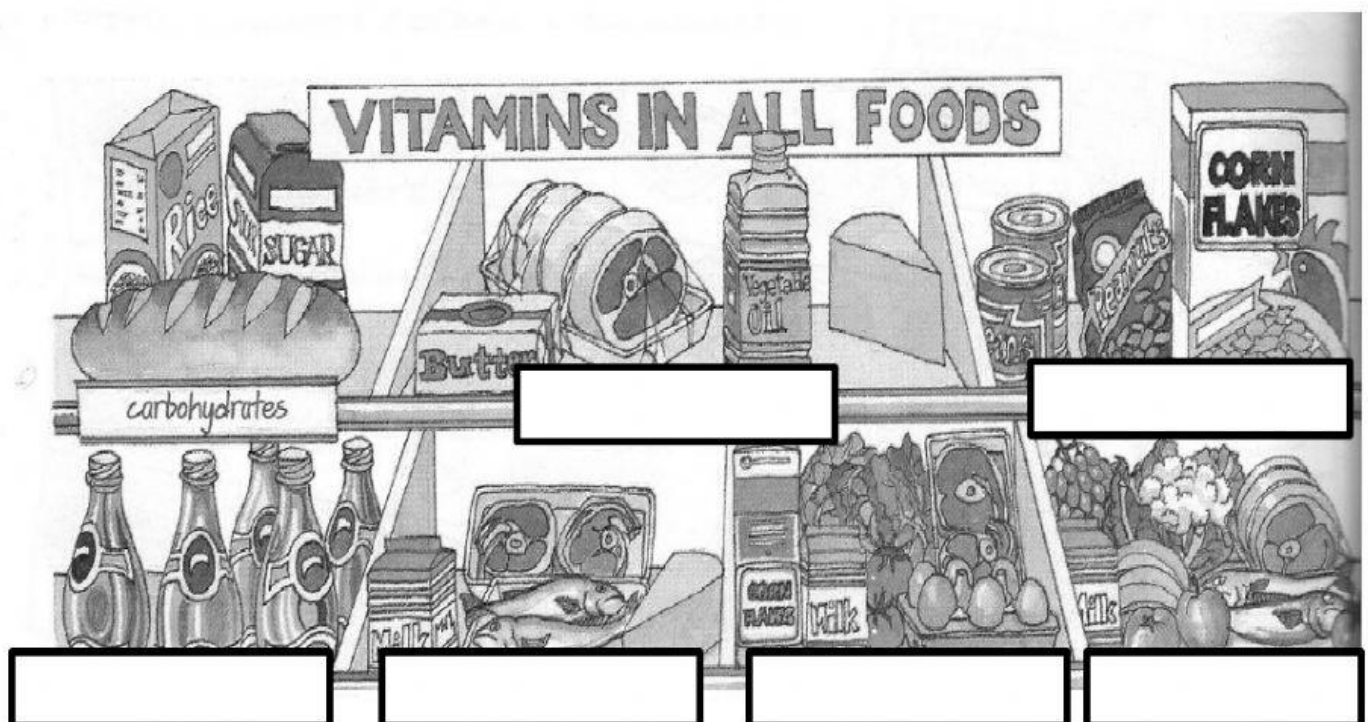
**FIBRE** cleans the inside of your body. There is fibre in nuts, beans and cereals.



**DANGER!**

HIGH IN CARBOHYDRATES!  
HIGH IN SUGAR AND SALT!  
HIGH IN FATS!  
LOW IN FIBRE!  
LOW IN VITAMINS!

2) Write the correct name on the signs:



3) Scan the text and find the words:

FOOD	BODY PARTS
pain: sucre: patate: pâtes: riz: viande: beurre: fromage: huile: poisson: lait: eau: légumes: oeuf: noix: haricot:	oeil: peau: os: cheveux: sang: dent:

4) Explain the dangers:

**A burger is high in carbohydrates →**

It makes you feel \_\_\_\_\_

But if it is too much, you can feel

\_\_\_\_\_

**A burger is low in fibre and vitamins →**

It is not essential for

\_\_\_\_\_

\_\_\_\_\_

HIGH = \_\_\_\_\_ LOW = \_\_\_\_\_

Dans le texte \_\_\_\_\_

