

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.



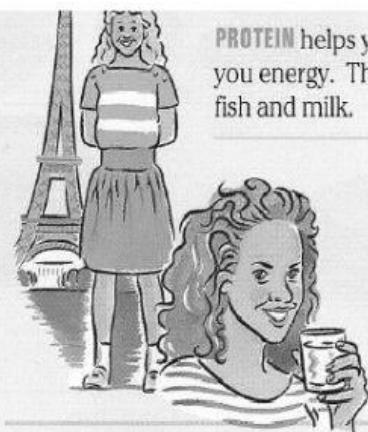
FATS make you strong and
give you energy. There are
fats in meat, butter
and cheese and oil.



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.

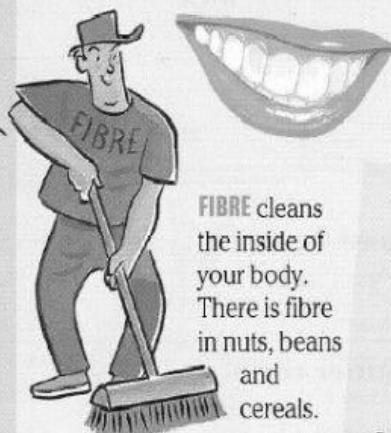


PROTEIN helps you to grow and gives
you energy. There is protein in meat,
fish and milk.



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.

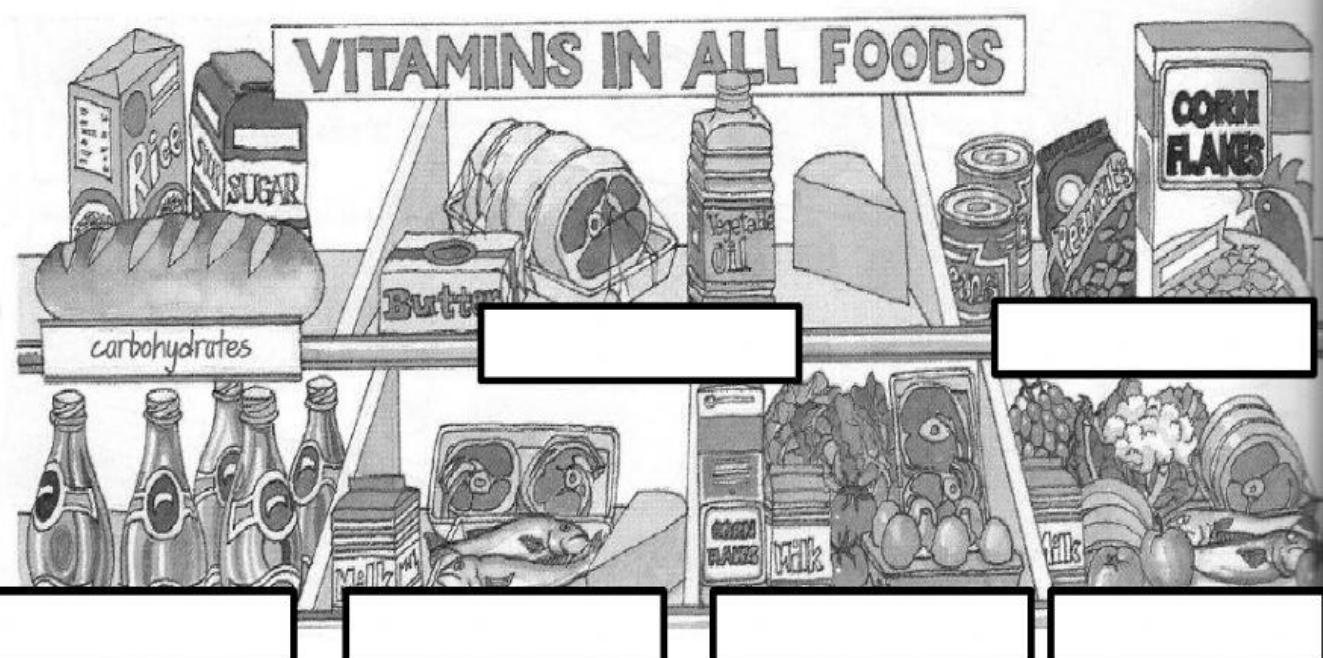


DANGER!

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:	oeil:
sucré:	peau:
patate:	os:
pâtes:	cheveux:
riz:	sang:
viande:	dent:
beurre:	
fromage:	
huile:	
poisson:	
lait:	
eau:	
légumes:	
oeuf:	
noix:	
haricot:	

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 _____

