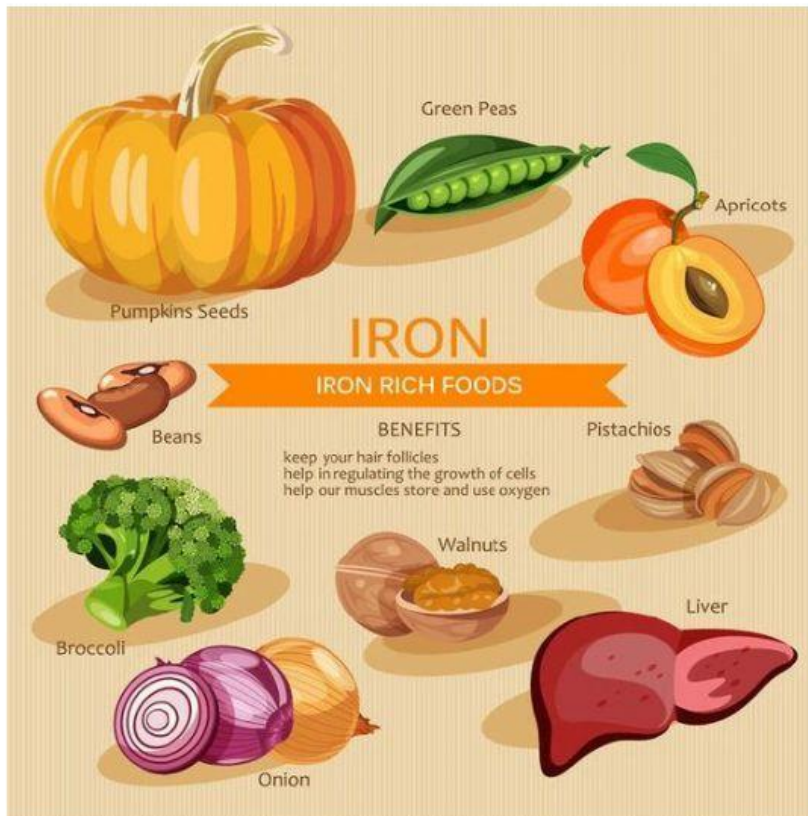


6. Look at the infographic below and answer the questions:



- Name three vegetable sources of iron.
- Name one fruit sources our muscles?
- How does iron help our muscles?
- What are some symptoms of having low iron levels? (*you may need to do some research*)

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Carbohydrates

7. Read the information and answer the question:



Carbohydrates are referred to as either **sugar** or **starches** and they provide **energy** for the body. Carbohydrates are converted by our body into simple sugars (like those from fruit sugars). Which are released quickly, and complex sugars (from bread, pasta, potatoes, rice, vegetables, fruits, etc.) are released at a slower rate. Around 60% of your daily calories should be in the form of carbohydrates.

- How do carbohydrates help the body ?
- What are carbohydrates converted into ?
- Which sugars are released at a slower rate ?
- What percentage of your daily calories should be carbohydrates ?



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8. Look at these breakfast ideas. Write foods that contain carbohydrates. (If there aren't any- write '**None**!')

- a) A bowl of high-fiber, multigrain cereal, with strawberries, and low-fat milk ?
- b) A granola bar, an apple, and low-fat milk?
- c) non-fat yogurt, fresh blueberries, and a slice of wholewheat toast with fruit spread ?
- d) A mini whole-wheat bagel, spread lightly with cream cheese and jam; a peach; and a cup of yoghurt ?
- e) Scrambled egg on a whole-wheat roll, with fresh fruit salad and a cup of low-fat milk ?
- f) A low-fat muffin, a wedge of melon, and a cup of latte made with skimmed milk ?



g) Omelette made with $\frac{1}{2}$ cup vegetables, and reduced-fat cheese, served on 100% whole-grain English muffin ?

h) Two slices of french toast made with whole-grain bread and one egg blended with $\frac{1}{4}$ cup fat-free milk, $\frac{1}{8}$ teaspoon vanilla, and a pinch of cinnamon ?

9. Identify a carbohydrate in each of these breakfasts:

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