



NATURAL SCIENCE

NUTRITION

5^o-6^o



Recuerda **pulsar**



1. **Match** each food to the main nutrients it contains.

fats

proteins

carbohydrates

vitamins + minerals



2. **Complete** the definitions choosing the correct nutrient.

provide a fast supply of energy. (👂)

provide building materials for growth and to repair our body (👂)

are necessary for our body to function correctly. (👂)

provide provide a slower supply of energy. (👂)

transports nutrients and waste around our body (👂)



3. **Name** the different food groups.

