

1. Complete the sentences writing the missing words. Then copy in your notebook

carbohydrates

proteins

vitamins



The \_\_\_\_\_ keep our bodies working properly and help prevent illness.

The \_\_\_\_\_ give us energy to stay active.

The \_\_\_\_\_ give us nutrients for growth and repair.

## 2. Match



It contains a lot of vitamins.

It contains a lot of fats.

It contains a lot of proteins.

They help prevent illnesses.