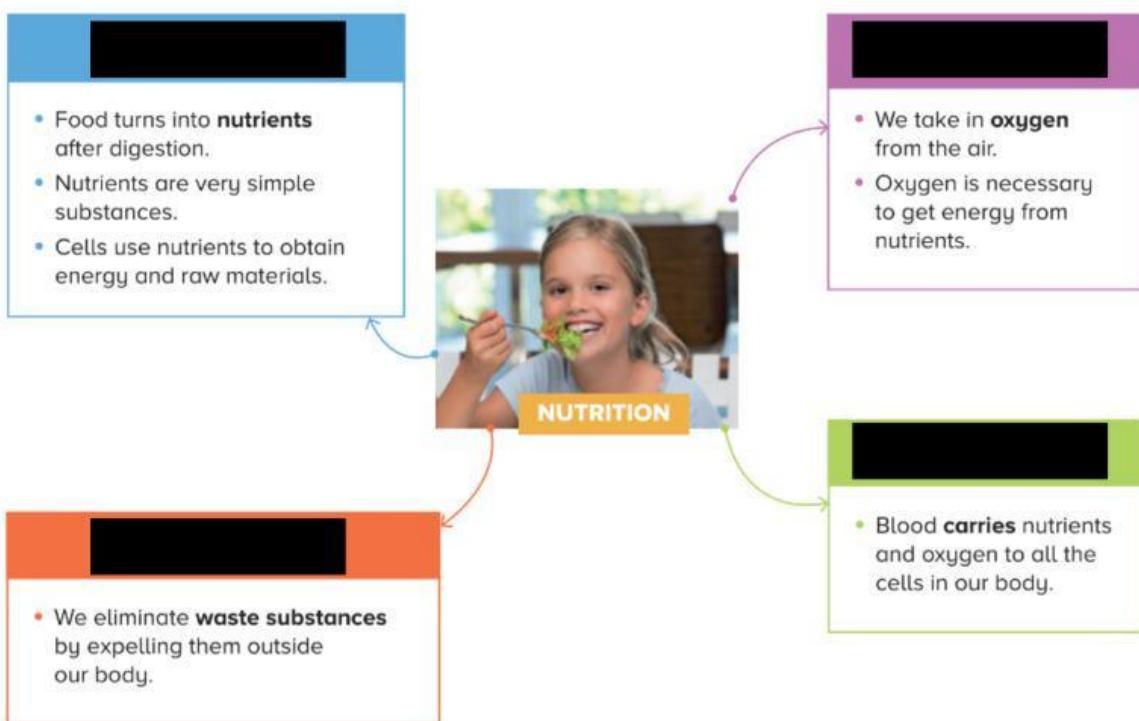


1 Complete using the words below.

energy – nutrition – grow – materials

..... involves the processes that give us the  
..... and the ..... we need  
to be active and to .....

2. Complete the titles



3 Read the statements and write **T** (true) or **F** (false).

- Carbohydrates are the secondary source of energy.
- Fats provide the body with less energy than carbohydrates.
- Proteins are necessary to grow and repair tissues.
- Vitamins and minerals regulate many processes so that the body works properly.

4 Match.

energy foods	•	vitamins and minerals
regulating foods	•	proteins
body-building foods	•	fats and carbohydrates

## 5. Complete the gaps

- are the main source of energy.
- Sugars are a type of carbohydrate that tastes sweet.



- provide the body with greater energy than carbohydrates.



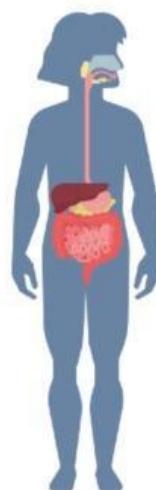
- are necessary to grow and repair tissues.
- They can be of plant origin, such as pulses, or animal origin, such as fish.



- regulate many processes so that the body works properly.

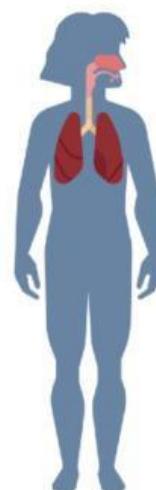


## 6. Complete the gaps



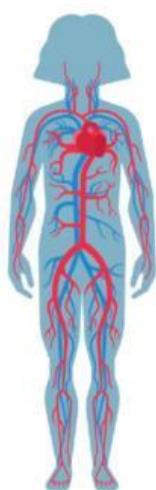
Digestion takes place in the

██████████



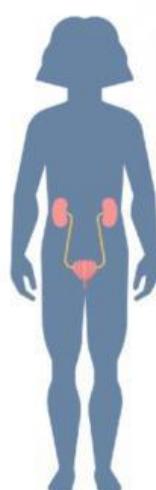
Respiration takes place in the

██████████



Circulation takes place in the

██████████



Excretion takes place mainly in the

██████████

7 Match to complete the basic hygiene rules we should follow when we handle food at home to make sure that foods do not contain harmful microorganisms.

Wash your hands well	•	that we want to use.
Clean surfaces and kitchen equipment	•	before eating or cooking them.
Wash fruit and vegetables well	•	before touching or eating food.

8 Read the text below and circle the correct words.

There are different food preservation/digestion methods. We keep food warm/cold to prevent microorganisms/allergens from growing. Cool/high temperatures kill microorganisms. To make food last longer, we can add salt/water, vinegar or sugar.

9 Write D if it is part of the digestive tract or A if it is an accessory gland.

• Mouth	<input type="checkbox"/>	• Oesophagus	<input type="checkbox"/>
• Liver	<input type="checkbox"/>	• Small intestine	<input type="checkbox"/>
• Large intestine	<input type="checkbox"/>	• Pancreas	<input type="checkbox"/>
• Stomach	<input type="checkbox"/>	• Pharynx	<input type="checkbox"/>