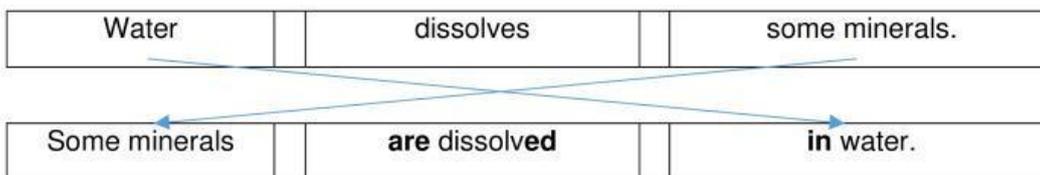


Vitamins and minerals  
Nutritional needs

1. Look at the examples and rewrite the sentences.



Rewrite the sentences using the passive voice.

a) Heat destroys vitamins. (are destroyed / by)

b) Water makes up about 63% of our body mass. (is made up / of)

c) We obtain water through food and drink. (is obtained / through)

d) Our pores eliminate sweat. (is ... / through)

2. Use the words in the boxes to write questions with the same meaning.

a) What's your age?

How...

b) What's your height?

c) What's your weight?

3. We can use **be +ing** to express the idea that something is constantly happening. For example:

Our bodies **are constantly creating** new structures.

Write the *-ing* form of each verb. Then use the verbs to write sentences about what each body part is constantly doing.

fill and empty / **filling and emptying**

produce saliva

think

clean blood

rebuild tissues

beat

- a) \_\_\_\_\_ (the lungs)
- b) \_\_\_\_\_ (the heart)
- c) \_\_\_\_\_ (the brain)
- d) \_\_\_\_\_ (the salivary glands)
- e) \_\_\_\_\_ (the body)
- f) \_\_\_\_\_ (the kidneys)