Name: _____ Class: _____ **NIK4- Unit 1**

Word Work

1) Listen and repeat:

oil

butter

fibre/ fiber

carbohydrates

dairy

protein

vitamins

minerals

calcium

iron

fats

vegetables

2) Listen and write the words:

1	2	3	4
5	6	7	8
9	10	11	12

LIVEWORKSHEETS

3) Match the definitions to the words in exercise 1:

1) The food group that includes cheese, butter, yoghurt...

2) It helps us grow and helps our bodies repair themselves.

3) They give us energy and you can find them in bread, pasta and cereal.

4) These include iron and calcium.

5) This gives us healthy teeth and bones.

6) This helps food move through our body.

7) These include onions, carrots, potatoes...

8) These help us keep warm.

4) Odd one out:

1)	meat	egg	protein	fish
2)	dairy	fats	calcium	carbohydrates
3)	oil	broccoli	onion	tomato
4)	bread	carbohydrates	cereal	noodles
5)	grape	pineapple	potato	orange

The end

LIVEWORKSHEETS