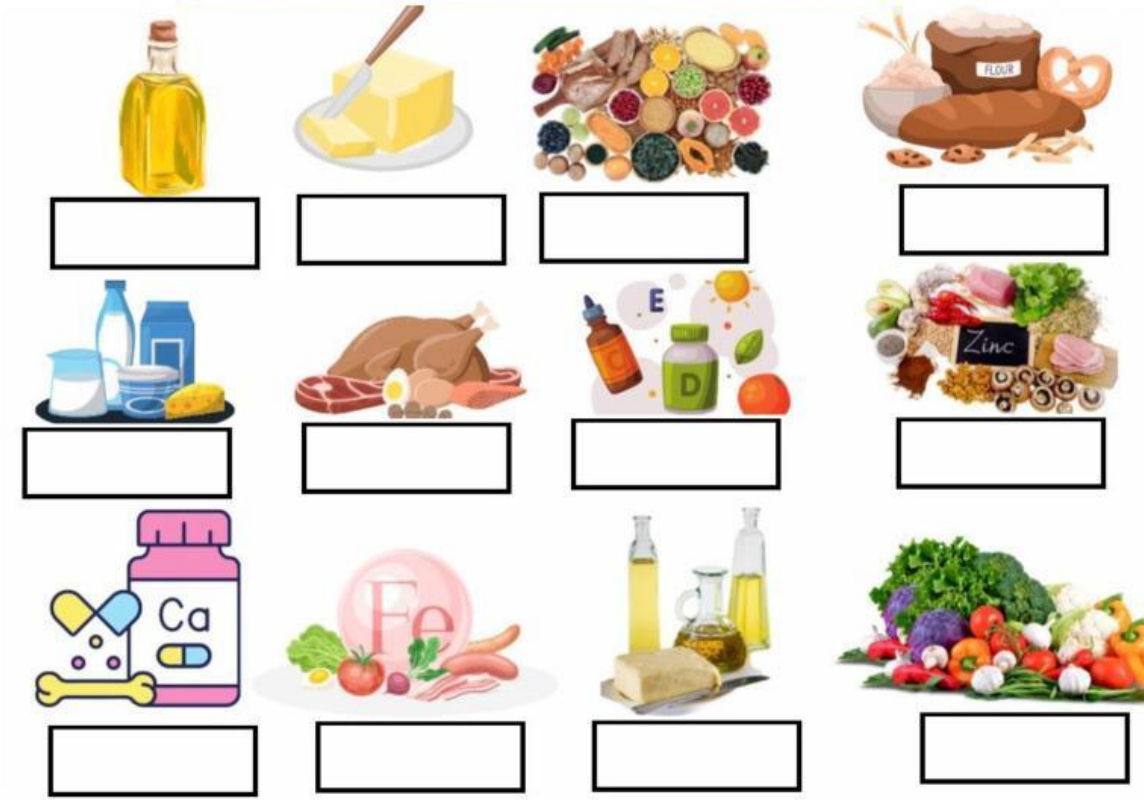
VOCABULARY 1

A. Look and choose the correct answer.



iron

vegetables

butter

fiber

calcium

minerals

vitamins

carbohydrates

protein

oil

fats

dairy

B. Read these definitions carefully and write the correct answers.

1 These are found in food, for example, iron and calcium. .....

2 The food group that includes milk, cheese, and yogurt. .....

3 It gives us energy and you can find them in bread, pasta, and cereal. .....

4 This is a word for foods like onions, carrots, and potatoes. .....

5 This is good for our teeth and bones and is found in dairy products. .....

6 This helps us keep warm and is in diff erent foods we eat. .....

7 You can find this in meat, milk, and eggs. .....

8 We can spread this on our bread. .....

9 An element found in some foods. .....

10 This helps food move through your body. .....

11 A kind of fat which isn't solid. .....

12 These have letters and numbers in their names. .....

LIVEWORKSHEETS