REPASO NATURAL UNIT 3 LET'S EAT

1- In what meal do you eat these dishes? BREAKFAST – LUNCH – SNACK – DINNER

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2- Circle the food to recover from a stomach flu.

3- Read and complete. FIBRE – CARBOHYDRATES – PROTEIN – CALCIUM

..... helps strong teeth and bones.

..... give us energy.

..... helps the food circulate through the digestive system.

..... helps our body to grow.

LIVEWORKSHEETS

4- Where do they come from? **Animals** or **plants**?

Milk come from ……. Fish come from…….

Fruit come from……. Tomatoes come from ……

Eggs come from…… Meat come from …….

Cheese come from……. Vegetables come from……

5- Read and match.

- Grains, potatoes and legumes. Proteins
- Vegetables and fruits. Carbohydrates
- Milk and dairy. Vitamins/Fibre
- Meat, fish and eggs. Calcium

6- Where do you store these food?

Yogurt – Cookies – Meat – Vegetables - Ice-cream – Pasta - Milk.

IN A DRY PLACE	IN THE FRIDGE	IN THE FREEZER

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