REVIEW WEEK 2 – PART 2

1. Match each nutrient with the food that contains it.

Proteins •

Pasta,  bread  and rice. 

Carbohydrates •

Chicken,  fish  and eggs. 

Vitamins •

Fatty fish,  olive oil  and nuts. 

Minerals •

Fruits  and vegetables. 

Fats •

Dairy products  and vegetables. 

2. Choose the correct nutrient to complete the definitions.

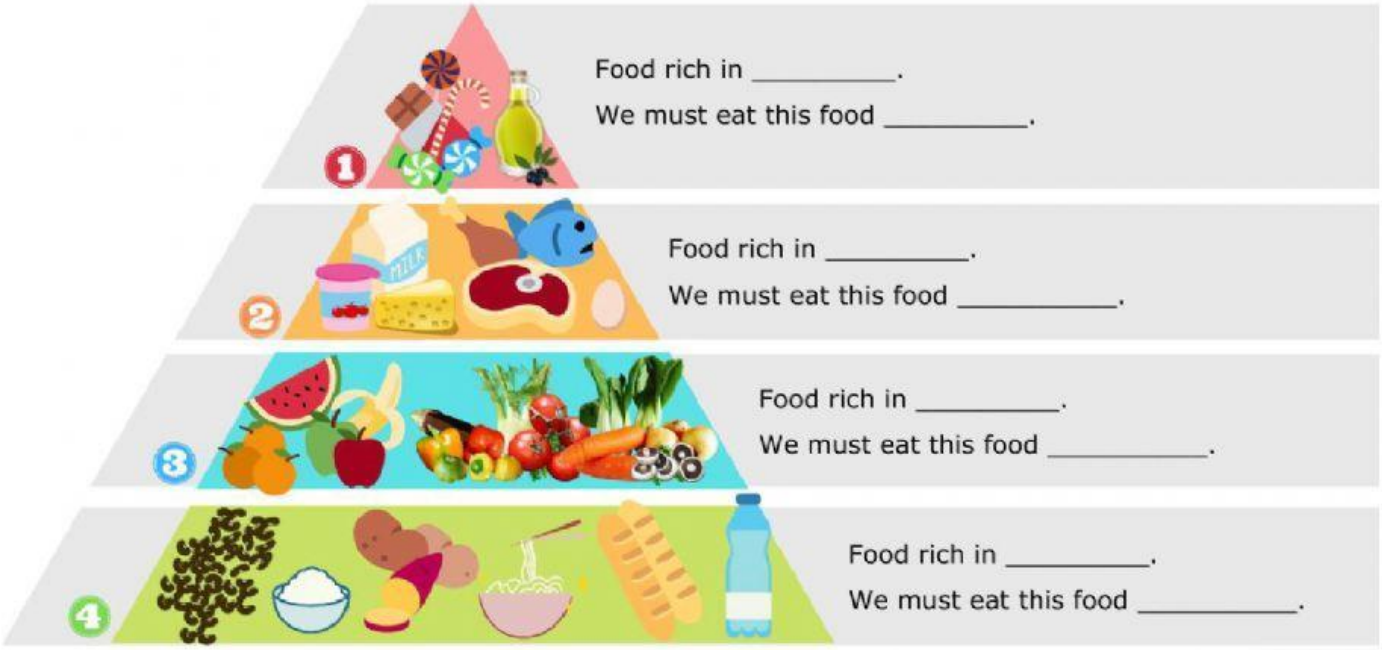
1) _____ gave our muscles stronger and give our body the nutrients we need for growth and repair.

2) _____ help our immune system and prevent illness.

3) _____ give our body energy.

LIVEWORKSHEETS

3. Complete the sentences about the food pyramid.



Food rich in _____.
We must eat this food _____.

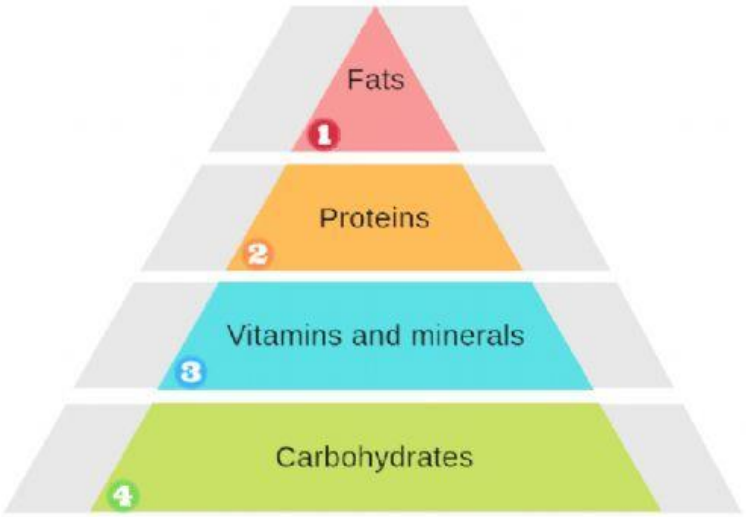
Food rich in _____.
We must eat this food _____.

Food rich in _____.
We must eat this food _____.

Food rich in _____.
We must eat this food _____.

LIVEWORKSHEETS

4. Classify each food by writing the number of the food group they belong.




dairy ___


potatoes ___


strawberries ___


cheese ___


fish ___


chocolate ___


chicken ___


olive oil ___


pasta ___


bread ___


broccoli ___


water ___


noodles ___


legumes ___


pineapple ___


meat ___

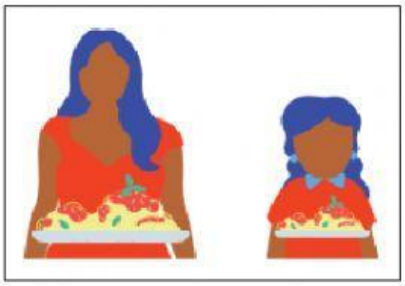

onion ___


egg ___

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5. Complete the sentences and match them with their image.

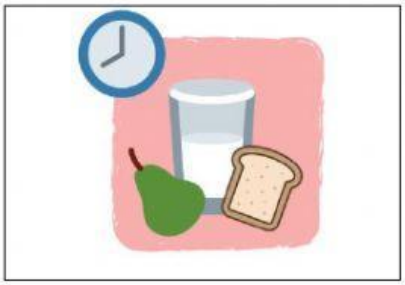
Avoid eating an excess of _____.
Your body stores the fat it doesn't use.
This is _____ for your health.



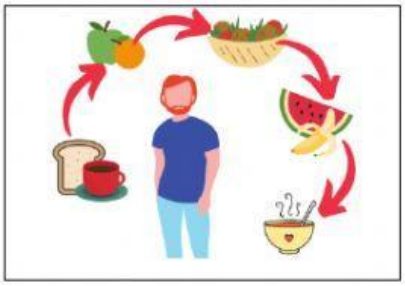
Eat the correct quantity of _____
for your body. A lack of nutrients means
we can get _____.



Eat _____ times a day: breakfast,
lunch, dinner and a piece of _____
or a yogurt between meals.



Always eat _____. It's the most
important meal of the day. It gives us
the _____ we need until lunch.



LIVEWORKSHEETS