

**1- They give us energy to play football.**

- a) FATS
- b) PROTEINS
- c) CARBOHYDRATES

**2- .....help food to move through the digestive system.**

- a) FATS
- b) FIBRE
- c) CARBOHYDRATES

**3- We find ..... in fruit and vegetables.**

- a) VITAMINS
- b) FATS
- c) PROTEINS

**4- They help our body to grow and repair itself.**

- a) CARBS
- b) FIBRE
- c) PROTEINS

**5- CALCIUM is a .....**

- a) MINERAL
- b) PROTEIN
- c) FIBRE

Read and answer ...	TRUE	FALSE
Fats give us energy but they are transformed into an energy store.		
Meat, fish and eggs are good sources of vitamins.		
Vitamins help our body stay healthy.		
Carbohydrates give us energy for immediate use.		
Fruit and vegetables are good sources of vitamins.		
Fibre helps food to move through the digestive system.		