Match

Unprocessed natural food	Minimally processed natural food	Processed food	Ultra-processed food

Answer the questions

What type of nutrient give us energy? .....

What nutrient give us energy, help us maintain our body temperature, and protect our organs against the cold and shock? .....

What nutrients are essential for certain life processes? .....

What type of nutrient form muscle mass, transport substances in the blood and helps in the defence of the organism? .....

What natural food should we eat if we want to protect the environment?

.....

LIVEWORKSHEETS