

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. Place the 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.

3. Tick "yes" or "no" to indicate if the corresponding food item belongs to the food group.

FRUIT AND VEGETABLES					
They contain vitamins and minerals .					
					
apple	chicken	broccoli	cheese	tomatoes	pasta
☐	☐	☐	☐	☐	☐

MEAT GROUP					
They give us proteins .					
					
fish	milk	banana	chicken	sausages	bread
☐	☐	☐	☐	☐	☐

GRAIN GROUP

They are high in **carbohydrates**, but also in **vitamins** and **minerals**.



rice



pasta



carrots



yoghurt



bread



steak

DAIRY PRODUCTS

They have **proteins** and **vitamins**.



sausages



milk



pasta



yoghurt



orange



cheese

4. Answer the following questions about your diet:

a) What do you usually **have for breakfast**?

I usually have for breakfast .

b) What do you usually **have for lunch**?

I usually have for lunch .

c) What do you usually **have for dinner**?

I usually have for dinner .

d) What is your **favourite meal**?

My favourite meal is .

[CLICK HERE](#) to enjoy the video "How the six basic nutrients affect your body"
by Bestie

THE NUTRIENTS IN FOOD

1. Match each food to the nutrient it contains.

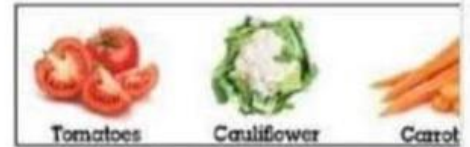


carbohydrates

fats

proteins

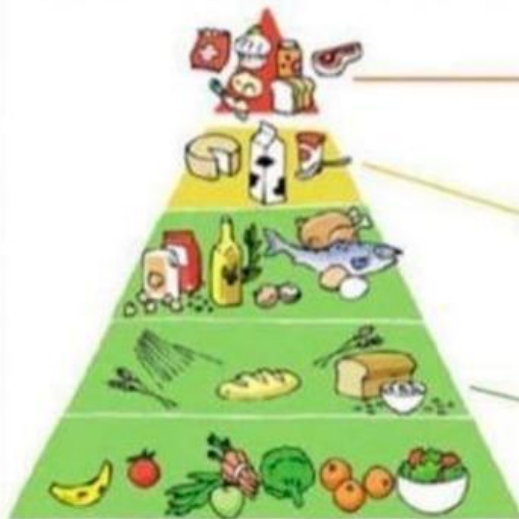
vitamins and minerals



2. Choose the correct nutrient to complete the definitions.

- help us to stay healthy.
- help us grow. They make your hair and nails grow. They also repair body tissues.
- build a store of extra energy for when we need it.
- give us energy to run, ride a bike and study.

3. Complete these sentences about the food pyramid.



The food on this level is because it has lots of . Eat it in special occasions.

The food on this level is essential but in quantities. Eat a little of it everyday.

The food on these levels essential for good health. Eat some everyday!

4. Classify each food by writing the number of the nutrient they contain.

1. Carbohydrates

2. Fats

3. Proteins

4. Vitamins
and minerals



Butter



Chicken



Rice



Potatoes



Oil



Broccoli



Strawberries



Eggs



Pasta



Fish



Apples



Chorizo

HEALTHY HABITS

5. Choose if these habits are healthy or unhealthy.



- Go to bed early.
- Sleep 10 hours every night.
- Exercise before you go to sleep.



- Stretch and warm up your muscles.
- Spend time with you family and friends.
- Do some exercise once a month.



- Don't eat lots of fruit and vegetables.
- Eat lots of sweets.
- Drink lots of water.
- Eat a variety of food.



- Cover your mouth when you cough.
- Brush your teeth after meals.
- Wash your hands very often.
- Watch TV all day long.