

FOOD NUTRIENTS

1. WATCH THE VIDEOS.

2. MATCH.



CARBOHYDRATES

FATS

PROTEIN

VITAMINS AND
MINERALS



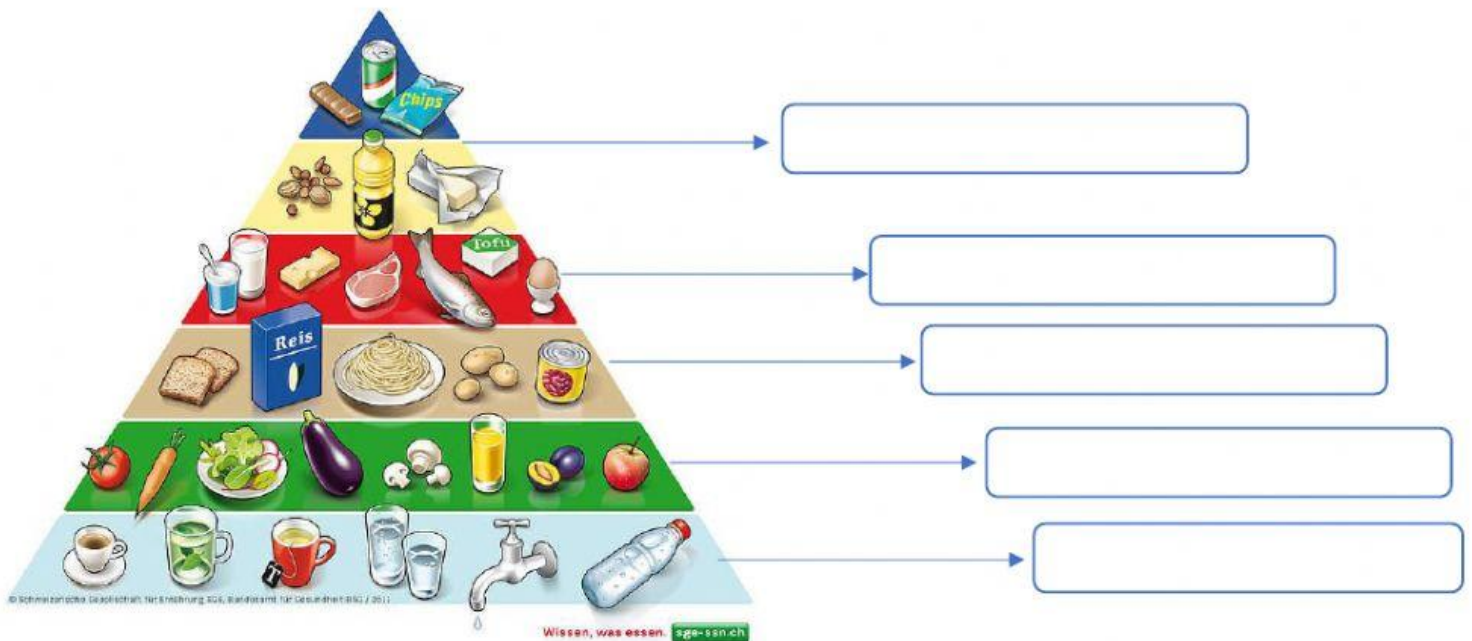
3. CHOOSE THE CORRECT WORD TO COMPLETE THE SENTENCES.

- a. It's important to eat _____ to get energy to do your daily activities.
- d. _____ helps you to grow and repair your body.
- e. Oranges and tomatoes, gives you _____ to protect your body from diseases.
- f. Butter and oil have _____ that gives you extra energy.

4. CHECK THE RIGHT OPTION.

FOOD	CARBS	FATS	PROTEINS	VITAMINS AND MINERALS
				
				
				
				
				
				
				

5. COMPLETE THE CHART.



CARBHYDRATES

FATS AND SUGARS

VITAMIN AND MINERALS

PROTEIN

WATER