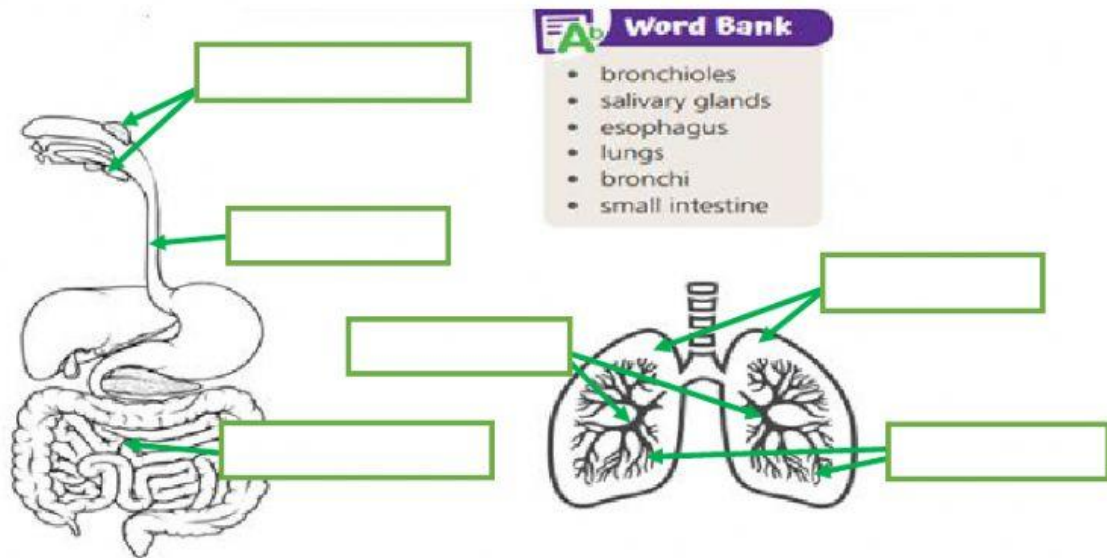




1. Label the organs listed in the word bank.



2. Choose the correct answer

a. Nutrients that gives you the most amount of energy:

☐ fats

☐ carbohydrates

☐ protein

b. Beans and meat are food rich in:

☐ vitamins

☐ proteins

☐ carbohydrates

c. Vegetables and fruits are mainly a source of:

☐ vitamins and minerals

☐ fats and proteins

☐ fats and vitamins



① What do we need in a healthy diet?

- a Proteins, carbohydrates, vitamins, minerals and fats.
- b Fats, proteins and sugar only.



② Which of these foods contain the most protein?

- a tomatoes
- b eggs

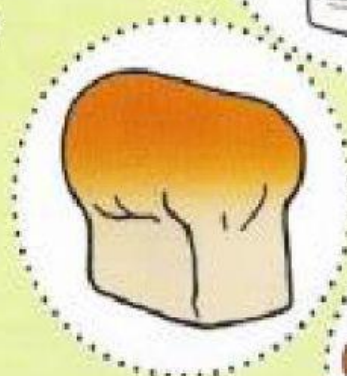
③ Why is calcium important?

- a Because it helps build strong muscles.
- b Because it keeps our bones and teeth healthy.



④ Which foods are carbohydrates?

- a Fish, chicken and eggs.
- b Bread, rice and pasta.



⑤ Which is the healthiest snack?

- a sweets
- b cakes
- c fruit
- d chips



⑥ Why are fruit and vegetables so important in our diet?

- a They contain a lot of minerals and vitamins.
- b They look good on the plate!

