

## WATCH THE VIDEO



Complete the text. Drag and drop each word into the blank spaces.

calcium    carbohydrates    dairy    fats    fiber  
iron    minerals    protein    vitamins

Jack needs a balanced diet to keep him strong and healthy. He eats cereal for breakfast because it has <sup>1</sup> \_\_\_\_\_, which give him a lot of energy. <sup>2</sup> \_\_\_\_\_, like butter on his bread and olive oil on his salads, boost his energy. Butter and other <sup>3</sup> \_\_\_\_\_ foods – products made from milk – contain <sup>4</sup> \_\_\_\_\_, which is good for strong bones and teeth. Jack also needs other <sup>5</sup> \_\_\_\_\_, for example <sup>6</sup> \_\_\_\_\_, which makes his heart strong, so he eats green vegetables and red meat. Meat also contains <sup>7</sup> \_\_\_\_\_, which builds strong bones and muscles. Vegetarians can find this nutrient in nuts and eggs. Finally, Jack needs <sup>8</sup> \_\_\_\_\_ A, C, D, E, and K. He can get them from fruit and vegetables, which help all the foods Jack eats move through his body because they also contain <sup>9</sup> \_\_\_\_\_.