

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 ¹ , which give him a lot of energy. ² , like butter on his bread and olive oil on his salads, boost his energy. Butter and other ³ foods – products made from milk – contain ⁴ , which is good for strong bones and teeth. Jack also needs other ⁵ , for example ⁶ , which makes his heart strong, so he eats green vegetables and red meat. Meat also contains ⁷ , which builds strong bones and muscles. Vegetarians can find this nutrient in nuts and eggs. Finally, Jack needs ⁸ 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 ⁹ .