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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 _____.