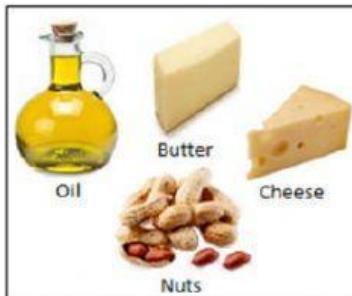
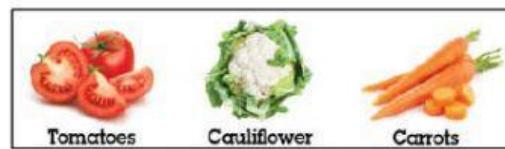


# THE NUTRIENTS IN FOOD

## 1. Match each food to the nutrient it contains.

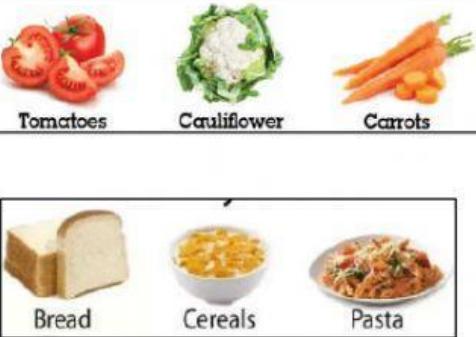


carbohydrates



Butter  
Cheese  
Nuts

fats



proteins

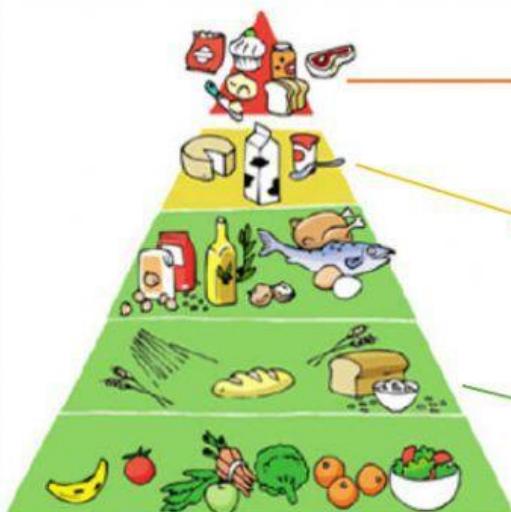


vitamins and  
minerals

## 2. Choose the correct nutrient to complete the definitions.

- help us to stay healthy.
- help us grow. They make your hair and nails grow.
- They also repair body tissues.
- build a store of extra energy for when we need it.
- give us energy to run, ride a bike and study.

## 3. Complete these sentences about the food pyramid.



The food on this level is \_\_\_\_\_ because it has lots of \_\_\_\_\_. Eat it in special occasions.

The food on this level is essential but in \_\_\_\_\_ quantities. Eat a little of it everyday.

The food on these levels \_\_\_\_\_ essential for good health. Eat some everyday!

4. Classify each food by writing the number of the nutrient they contain.

1. Carbohydrates



2. Fats



Potatoes \_\_\_\_\_

Strawberries \_\_\_\_\_

Fish \_\_\_\_\_

3. Proteins



Oil \_\_\_\_\_

Eggs \_\_\_\_\_

Apples \_\_\_\_\_

4. Vitamins and minerals



Broccoli \_\_\_\_\_

Pasta \_\_\_\_\_

Chorizo \_\_\_\_\_

## HEALTHY HABITS

5. Choose if these habits are healthy or unhealthy.



- Go to bed early.
- Sleep 10 hours every night.
- Exercise before you go to sleep.



- Stretch and warm up your muscles.
- Spend time with your family and friends.
- Do some exercise once a month.



- Don't eat lots of fruit and vegetables.
- Eat lots of sweets.
- Drink lots of water.
- Eat a variety of food.



- Cover your mouth when you cough.
- Brush your teeth after meals.
- Wash your hands very often.
- Watch TV all day long.