

Name : _____

Date: _____

HEALTHY EATING

Practice 1: Listen to the audio. Write the title. Then, fill in the blanks with these words.

Water mineral fat(2x) Protein Vitamins diseases
Carbohydrates



Title: _____

If you want to be fit and healthy, it's important to eat and drink the right things. The nutrients in food and drink give us energy and help us stay strong. There are six main types of nutrient.

- (1) _____ makes you strong. There is a lot of this in meat, fish, milk, eggs, beans and nuts.
- (2) _____ give us energy. There are a lot of these in bread, pasta, rice and potatoes.
- (3) _____ are important nutrients in the food we eat and you can find them in different types of food, like fruit and vegetables. People who don't get many of these in their food can get (4) _____
- (5) _____ are important for strong teeth and bones. You can find them in meat, fish, milk, vegetables and nuts. This nutrient has got the most energy and is good for our skin and hair. The (6) _____ in food such as butter, chocolate, chips, burgers and crisps is unhealthy, but the (7) _____ in food like olive oil nuts and some fish is healthy.
- (8) _____ is also a very important nutrient. You can't live for more than one or two days without it. There's a lot of this in fruit, vegetables and juice too.

