

Diet, digestion and excretion

Name _____ Date _____

Unit _____ Lesson _____

1. Which nutrients do these foods contain? Write them in the table. (4 points)

Lettuce/Lentils Rice/Pasta Yoghurt Oil

Carbohydrates	Fats	Proteins	Vitamins and minerals

2. Which nutrients do these foods contain? Write them in the table. (4 points)

Chicken/Eggs Chorizo Bread/Potatoes Pears

Carbohydrates	Fats	Proteins	Vitamins and minerals

3. Write true or false. (3 points)

- a) Foods with lots of sugar or fat are good for our health _____
- b) We have to eat to some fruits and vegetables every day. _____
- c) We have to drink 3 or 4 glasses of water every day. _____
- d) We are healthy when we eat a variety of food. _____
- e) Vitamins and minerals in food can make us overweight. _____
- f) Carbohydrates give us energy to do different things. _____

4. What's the part? (3 points)

- a) It has teeth that break food into pieces. _____
- b) Food goes down this long tube. _____
- c) It is like a bag that contains gastric juices. _____
- d) Nutrients pass into the blood here. _____
- e) It is a wide tube connected to the anus. _____

© Oxford University Press España, S. A.