A Complete the sentences with these words.

carbohydrates dairy fat fibre minerals protein

- 1 Mayonnaise, bacon and butter are high in _
- which provides energy.

 2 Meat, fish and eggs are rich in _____ which
- helps the body to grow and repair itself.

 Rice, bread and pasta all contain ______ which
- provide the body with energy.

 4 Cereal, fruit and vegetables are great sources of
- which helps the body to digest food.

 5 Yoghurt, milk and cheese are all ______ products
- which help to build strong bones and teeth.

 6 Iron, calcium and magnesium are ______ which
- 6 Iron, calcium and magnesium are ______ which are important for blood, bones and nerves.

B Match the words to their meanings.

- 1 poisonous
- a an unhealthy weight
- 2 cure
- b a session of exercise to improve fitness
- 3 natural
- c causes death or illness
- 4 work out
- d something that causes you to feel ill
- 5 obese
- e not made or caused by humans
- 6 allergy
- f to make someone better

C Complete the sentences with these words.

allergic to benefit from cure for immune to lack of operate on sick of suffer from

- 1 A(n) ______ iron in your diet will leave you feeling weak.
- 2 If you _____ high blood pressure, you must eat less salt.
- 3 I don't think there is a(n) diabetes, is there?
- 4 I'm really ______ the boring, tasteless food in my diet!
- 5 I break out in a rash if I eat strawberries. I'm ______ them.
- 6 Grandpa's got a heart problem so the surgeon's going to _____ him.
- 7 Everyone can ______ a diet rich in fruit and vegetables.
- D Unscramble the words, using the pictures to help.

8 If you've had chicken pox once, you're ___







__ it for the rest of your life.





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