

FOOD AND NUTRIENTS

We get energy from _____. It contains _____.

kinds of
nutrients

proteins : they help us _____ and _____.

Examples [_____
_____]

vitamins and
minerals : they _____ our body and
_____ illnesses

Examples [_____
_____]

carbohydrates
and fats they give us energy for
_____.

Examples [_____
_____]

A BALANCED DIET

The Food Pyramid

Lots of fats
and sugars

→ we can only eat it _____
and in _____

Examples [_____
_____]

Food rich
in proteins

→ we must eat it _____
times a week.

Examples [_____
_____]

Food rich in
vitamins, minerals
and carbohydrates

→ we must eat it _____
_____.

Examples [_____
_____]