1. Match each nutrient with the food that contains it.

Proteins •


Pasta, bread and rice.

Carbohydrates •

Chicken, fish and eggs.

Vitamins •

Fatty fish, olive oil and nuts.

Minerals •

Fruits and vegetables.
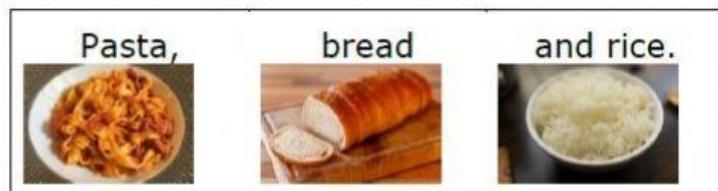
Fats •
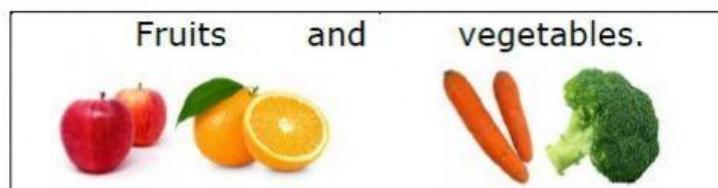
Dairy products and vegetables.
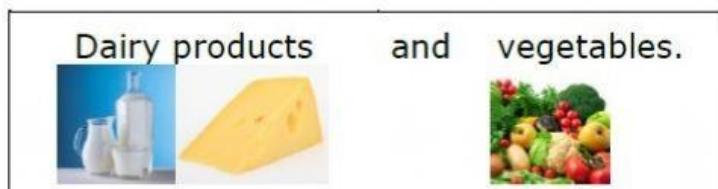
2. Choose the correct nutrient to complete the definitions.

1) _____ gave our muscles stronger and give our body the nutrients we need for growth and repair.

2) _____ help our immune system and prevent illness.

3) _____ give our body energy.