

Name _____ Grade _____ No. _____

Unit 3 : Food and Nutrition

Topic : Food Additives

Fill in the blanks

Vitamins	Antioxidants	additives	obesity	calorie
metabolism	decide	Food pyramid	synthetic	fats

1. _____ is a unit of energy used as a measurement for the amount of energy a particular food provides.
2. We burn calories by breaking them down through _____.
3. _____ as a guide to daily proper portions of basic food groups.
4. Eating proper amounts of healthy food makes us strong and keeps us away from all diseases, including _____.
5. We can find all kinds of _____ in the food products sold in the market.
6. Calorie-counting helps us _____ what your body should take, and how much.
7. The excess calories will be stored as _____.
8. Food additives can be both natural and _____.
9. _____ and minerals are added to improve the nutritive value of foods.
10. _____ are used to prevent the chemical reactions that cause rancid fats and brown fruits.