



Food



What can we get from food? (match)



Carbohydrates

Proteins

Fats

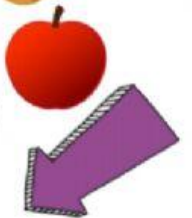
Vitamins and minerals

Help the muscles grow

Give energy

Prevent illnesses

Protect the organs



Where can we get...? (arrastra)

Carbohydrates	
Fats	
Proteins	
Vitamins and minerals	
Water	

Almost all food.

Bread, pasta, rice, cereals...

Fruits and vegetables.

Olive oil, butter...

Meat, eggs, fish, nuts, beans...



Select True or False



Proteins help to protect the organs

Vitamins and minerals prevent illnesses

I can find proteins in milk

I can find vitamins in water

Water is in almost all the food

We don't need water to survive

Minerals give energy

Carbohydrates help the muscles grow

I can find vitamins in vegetables

Fats help the digestion



True

False

