


HOW MUCH IS ...?

1 Listen and write the numbers.

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2 Read and drag the description.



CARBOHYDRATES
Pasta, rice, bread and potatoes contain carbohydrates. Carbohydrates give us energy. Eat five or six servings a day.

PROTEINS
Cheese, milk, meat and fish contain proteins. Proteins help children grow and be strong. Eat two or three servings a day.

FATS AND SUGARS
Chocolate, sweets, cola and cakes have a lot of sugar. Eat a little.

FRUIT AND VEGETABLES
Fruit and vegetables come from plants. Eat four or five servings a day.