

1) Choose the right word

They are needed to absorb vitamins _____

They are part of the main structure of the tissues _____

Their function is to give us energy _____

Part of the DNA _____

Give us energy and elasticity _____

They are part of the cell membranes _____

There are three types of glucids _____

Create new tissue and hormones _____

Give us strength and help us growing _____

Easy to assimilate _____

Are hard to assimilate and get stuck in the arteries _____

Help us using the rest of the nutrients _____

Complex carbohydrates whose main function is to clean the large intestine _____

Must be cooked in order to digest them _____

They have a sweet taste _____

They are directly absorbed _____

They need to be decomposed _____

2) Examples of nutrients

