NUTRITION

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Essential elements

Most foods contain proteins, carbohydrates and fats in different proportions.

➢ Listen to the names and match each name with its sound. Then repeat the name aloud.

Proteins



Milk
Cheese
Eggs
Meat
Fish
Legumes
Dry fruits

Carbohydrates



Pasta
Rice
Bread
Tubers
Vegetables
Corn
Honey

LIVEWORKSHEETS

Fats



Olive Oil
Olives
Advocado
Fish
Nuts and dry fruits
Margarine
Seeds

❖ **Match the words with their translation.**

Olive Oil	Llavors
Olives	Peix
Advocado	Advocat
Fish	Olives
Nuts and dry fruits	Margarina
Margarine	Oli d'oliva
Seeds	Nous i fruits secs

LIVEWORKSHEETS

Pasta	Pa
Rice	Tuvèrculs
Bread	Blat de moro
Tubers	Mel
Vegetables	Arròs
Corn	Pasta
Honey	Verdures
Milk	Llegums
Cheese	Ous
Eggs	Formatge
Meat	Fruits secs
Fish	Llet
Legumes	Carn
Dry fruits	Peix

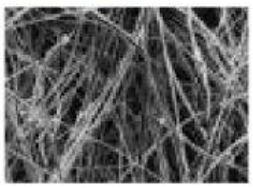
LIVEWORKSHEETS

➢ **Food also contains fiber, vitamins and water.**

Vitamins



Fiber



Water



THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health

➢ **Put each group in its place.** (Col·loca cada grup en lloc que li correspon).

Vegetables and fruits

Carbohydrates

Healthy fats/oils

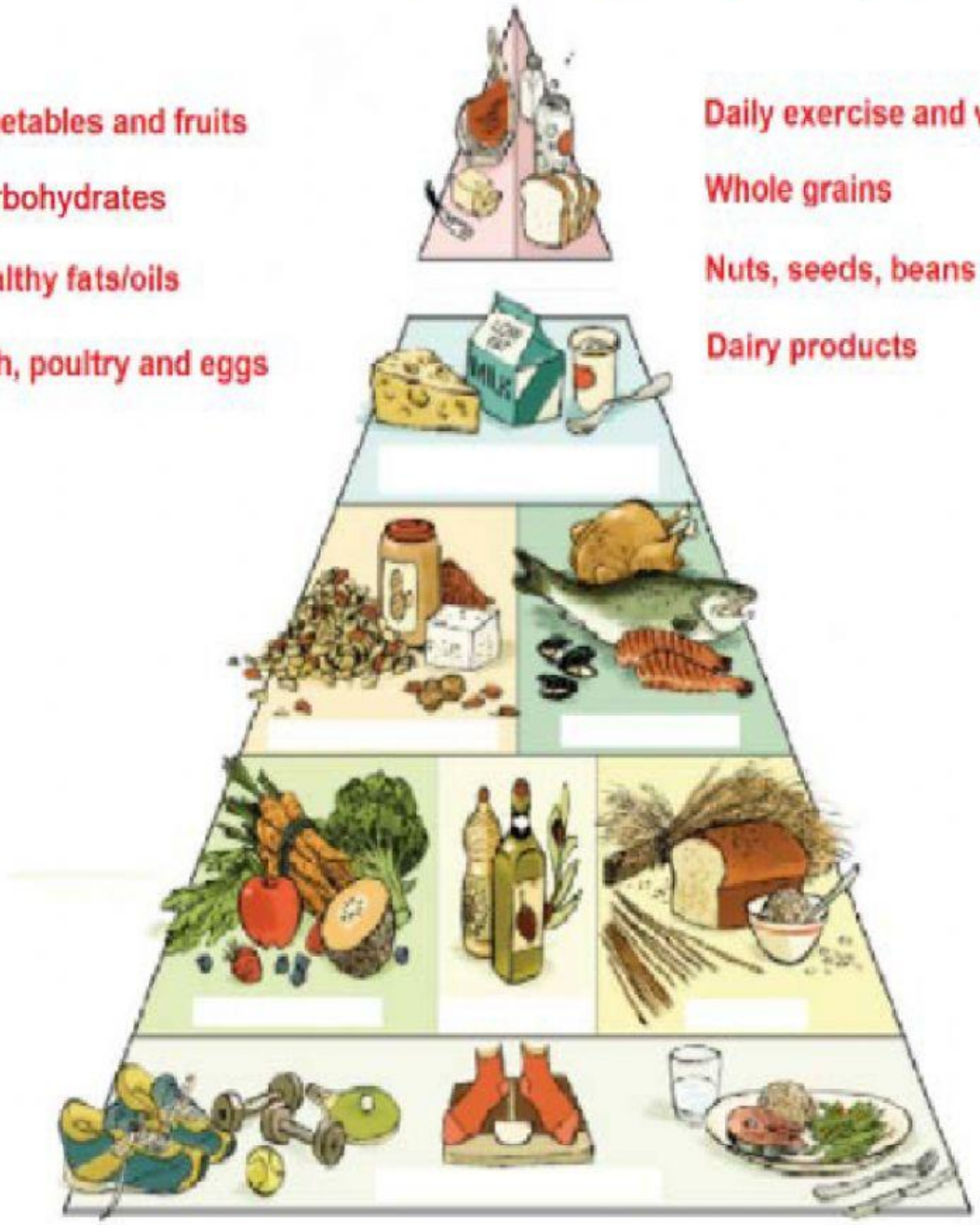
Fish, poultry and eggs

Daily exercise and weight control

Whole grains

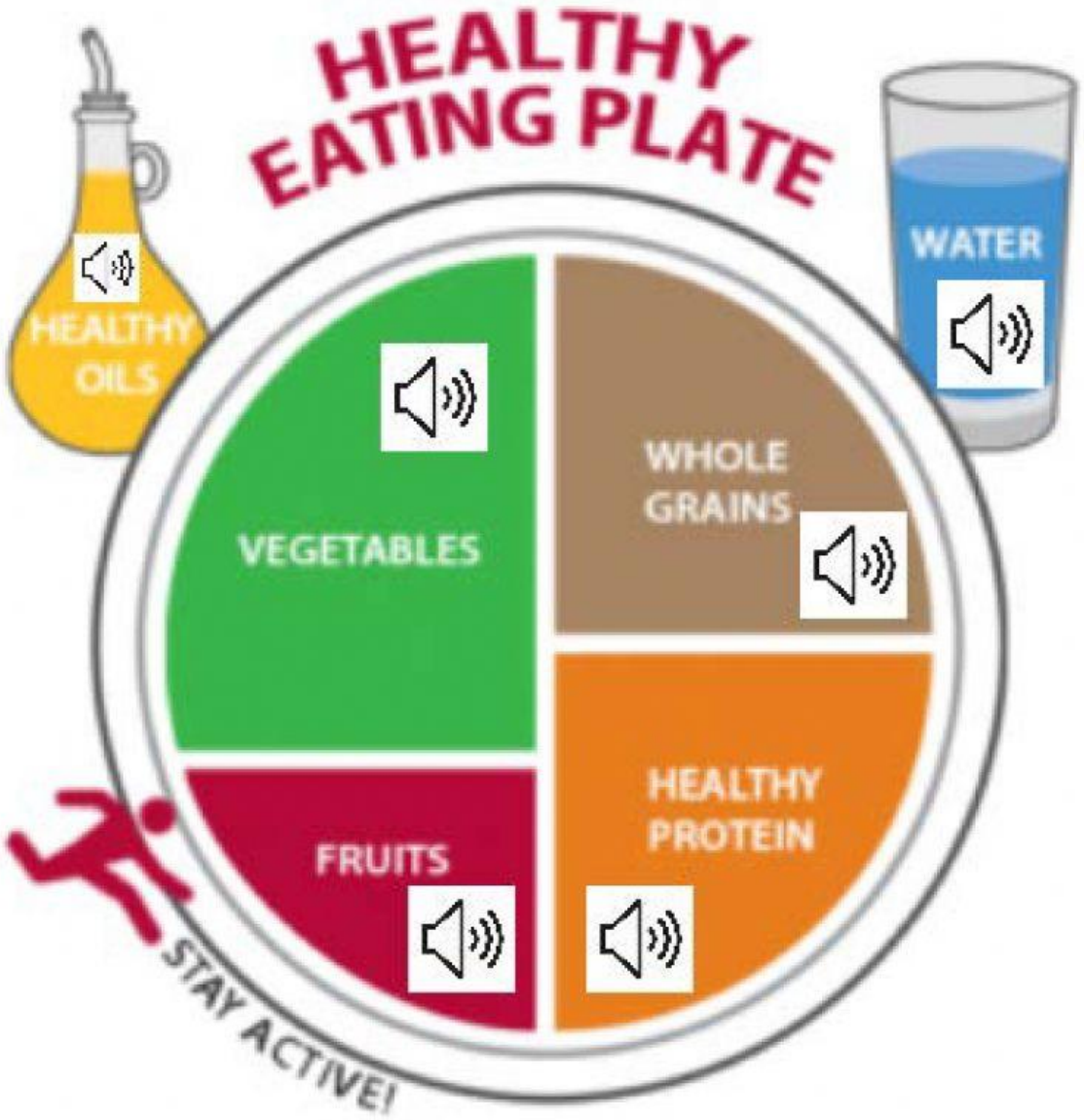
Nuts, seeds, beans and toffu

Dairy products



LIVEWORKSHEETS

➢ **This should be the distribution of the food at each meal. Click on the speakers to hear the words.**



LIVEWORKSHEETS

➢ **Click on the images and listen to the pronunciation. Then repeat them out loud.**



Bread



Pasta



Poultry



Beef



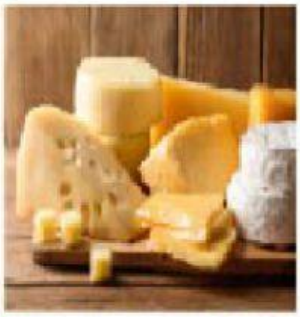
Fish



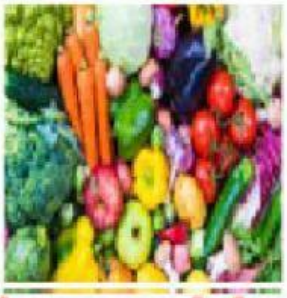
Milk



Eggs



Cheese



Vegetables



Seeds



Fruits



Soda

LIVEWORKSHEETS

➢ Drag and drop each meal to its group.

Beef	Fish	Milk	Dry fruits
Poultry	Pasta	Soda	Seeds
Bread	Vegetables	Nuts	Oil



Protein Carbohydrates Fats

➢ Find the intruders in each group.

Proteins	Carbohydrates	Fats
Fish	Fruit	Oil
Meat	Cheese	Soda
Bread	Vegetables	Eggs
Milk	Corn	Seeds

LIVEWORKSHEETS

➢ **Foods with low nutritional value should be reduced.**

ULTRA-PROCESSED FOOD

Candy



Sodas/soft drinks



Crisps/potato chips



Canned food



Pizza



Hamburger



Chips



Hot dog



Doughnuts



Pastry



Biscuits/cookies



Ice cream



Charcuterie



Processed juice



Sauces



LIVEWORKSHEETS

➢ **Choose the most suitable answer.**

1. Is ultra processed food healthy?

2. Do you like junk food?

3. Do you know the effects of this type of food on your health?

4. What should their consumption be?

5. What foods are most appropriate for your school lunch?

6. Why is ultra-processed food also known as junk food?

LIVEWORKSHEETS