

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



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

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

- Food also contains fiber, vitamins and water.

 Vitamins



 Fiber



 Water

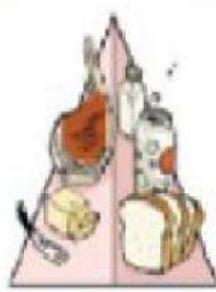


THE HEALTHY EATING PYRAMID

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

Vegetables and fruits



Daily exercise and weight control

Carbohydrates

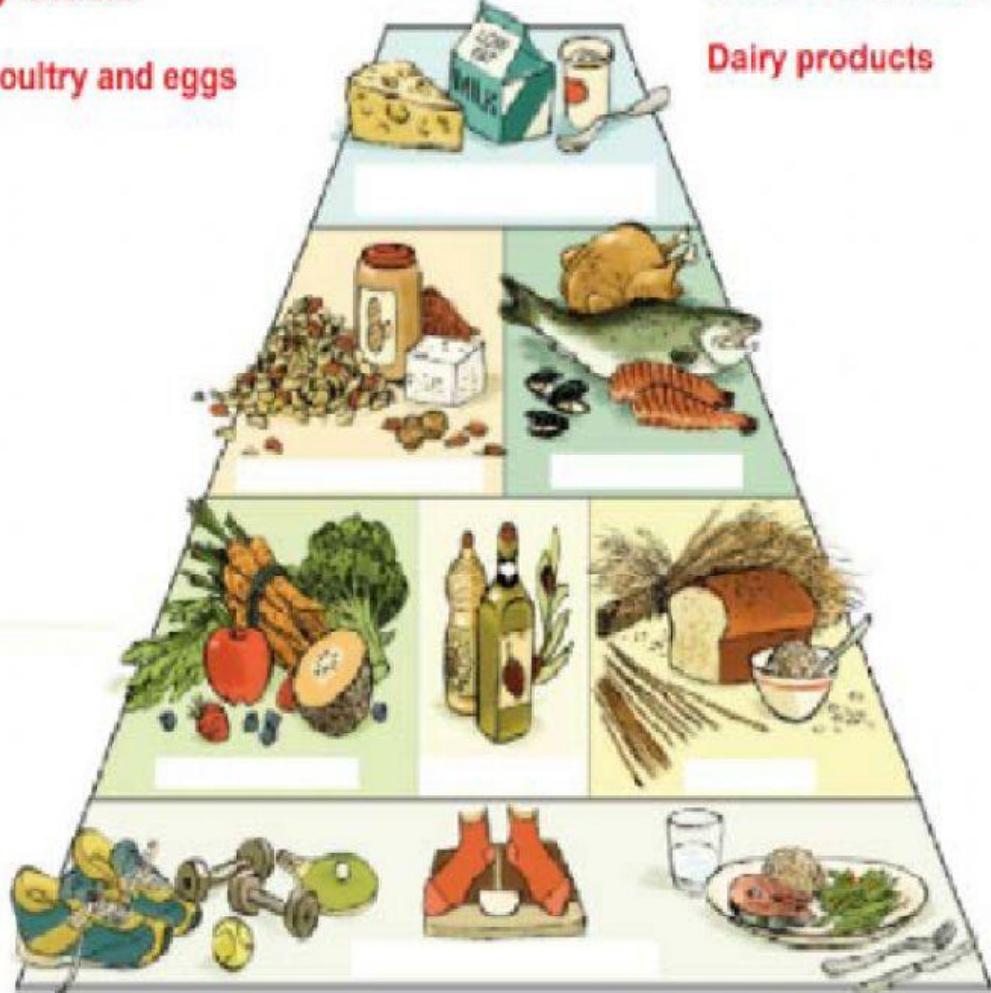
Whole grains

Healthy fats/oils

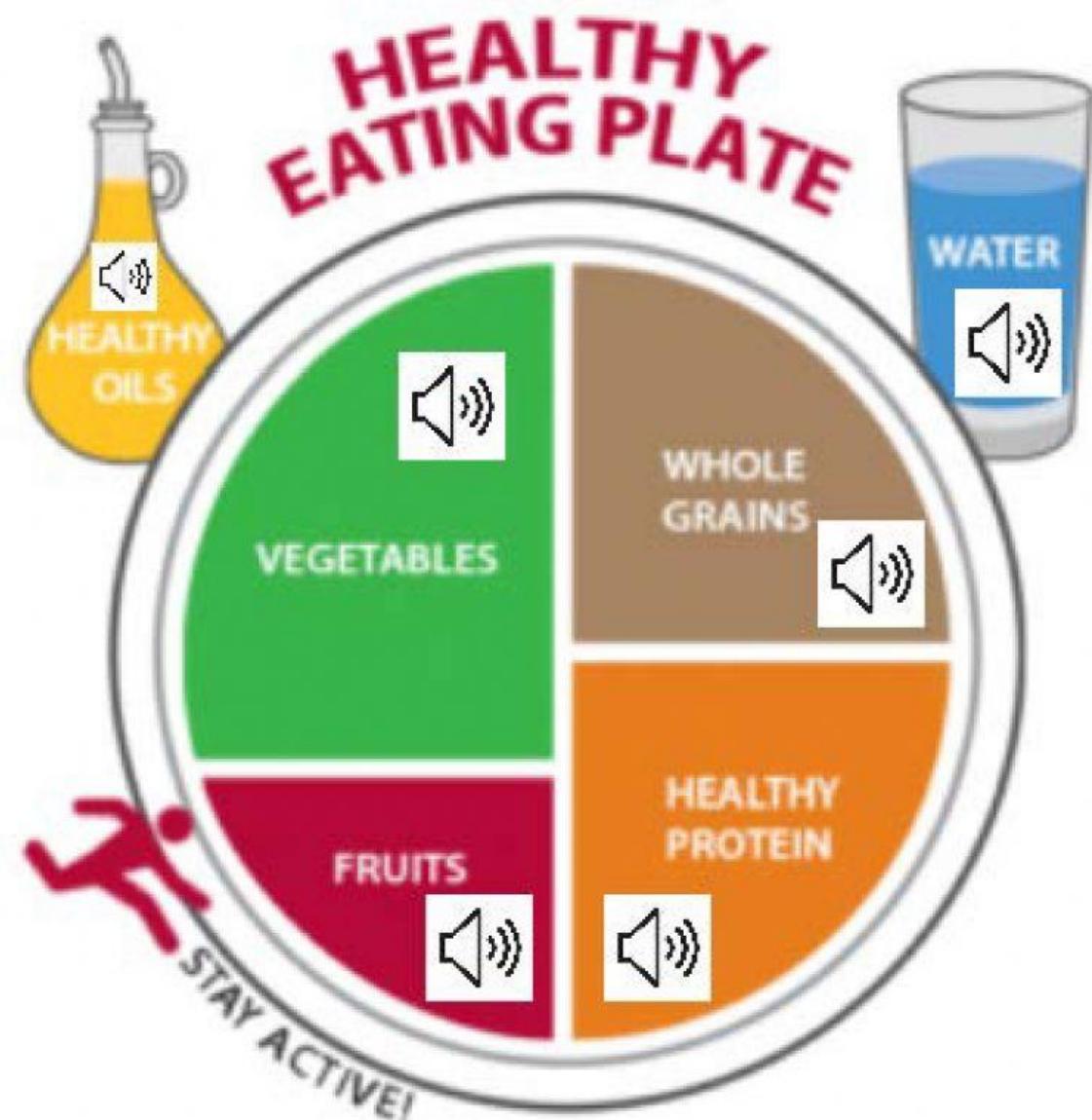
Nuts, seeds, beans and tofu

Fish, poultry and eggs

Dairy products



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



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

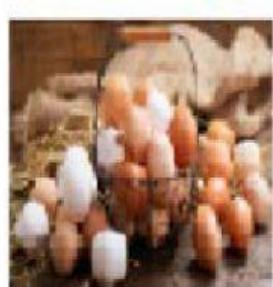
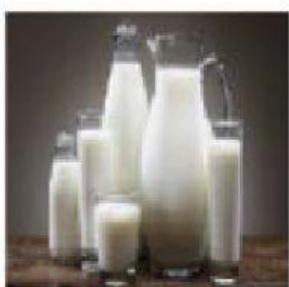


Bread

Pasta

Poultry

Beef



Fish

Milk

Eggs

Cheese



Vegetables

Seeds

Fruits

Soda

➤ Drag and drop each meal to its group.

Beef
Poultry
Bread

Fish
Pasta
Vegetables

Milk
Soda
Nuts

Dry fruits
Seeds
Oil



Protein

Carbohydrates

Fats

➤ Find the intruders in each group.

Proteins

Fish
Meat
Bread
Milk

Carbohydrates

Fruit
Cheese
Vegetables
Corn

Fats

Oil
Soda
Eggs
Seeds

- 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



➤ 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?