

A HEALTHY LIFE

1. MATCH the correct illness. (RELACIONA LA ENFERMEDAD CON SU FOTO CORRESPONDIENTE)

PAIN

COUGH

EXHAUSTION

FEVER

VOMITING





2. Move the words in their corresponding boxes: (COLOCA LAS PALABRAS EN SUS CASILLAS CORRESPONDIENTES)

			Body-regulatory food
Nutrients in food		proteins	
Why we need them	They give our bodies energy.		They help our bodies function correctly.
Good sources of these nutrients		meat, fish, pulses, dairy, eggs 	

Body-building food

Energy-rich food

carbohydrates
fats

vitamins
minerals
fibre

butter, oil, bread,
potatoes, rice, pasta



fruit, vegetables



They help our bodies
grow and heal.

BYE!

