UNIT 2: NATURAL SCIENCE. VIDEO 3: BALANCED DIET. Name:		
Α	Proteins, fats, water, carbohydrates, dietary fibres, minerals and vitamins.	
В	Proteins, fats, soft drinks and vitamins.	
С	Carbohydrates, candy, dietary fibres, water, minerals and vitamins.	
2	Carbohydrates + fats =	
Α	Confidence giving foods.	
В	Tiredness giving foods.	
С	Energy giving foods.	
3	Proteins help in growth and	
Α	Sleep.	
В	Repair of body.	
С	Damage the body.	
4	To avoid diseases, we need	
Α	Fats and proteins.	
В	Carbhydrates and dietary fibres.	
С	Vitamins and minerals.	
5	Water helps us to get rid of	
Α	Liquid wastes: sweat and urine.	
В	Food wastes: poo.	3
С	Unnecessary products.	
6	Water also helps to absorb	
Α	Urine.	
В	The dissolved nutrients.	
С	Air.	
7	We need to have the correct amounts of	
Α	All these nutrients.	
В	All the soft drinks.	
С	Water and proteins.	