WHY DO WE NEED THESE FOODS?

1.- DRAG AND DROP.

Vegetables and fruits	Fats	Milk products	Pasta and rice	Meat, fish, eggs and pulses

1. _____ make our bones strong.
2. _____ are necessary, but in small amounts.
3. _____ give us vitamins.
4. _____ are good for our muscles and help us grow.
5. _____ give us energy.

2.- WRITE **T** (TRUE) OR **F** (FALSE)

- Carrots and tomatoes give us energy. → ____
- Bread and pasta gives us energy. →___
- Cheese and yoghurts are good for our muscles and help us grow. →____
- Milk products or dairy products make our bones strong. →_____

3.- ANSWER THE QUESTIONS. WRTIE **ENERGY** OR **VITAMINS**

- What do carrots give us? _____
- What does pasta give us? _____
- What do oranges give us? _____
- What do cereals give us? _____
- What do grapes give us? _____
- What does broccoli give us? _____