

# 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. WRITE 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? \_\_\_\_\_