NUTRITION 7 – FOOD AND NUTRITION

1. Watch the video "The Nutrient Song" and match each nutrient with the food that contains it.

Proteins •

Pasta, bread and rice.





Carbohydrates •

Chicken, fish and eggs.





Vitamins •

Fatty fish, olive oil and nuts.





Minerals •

Fruits and vegetables.




Fats •

Dairy products and vegetables.




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2. Place the nutrient to complete the definitions.

Vitamins and minerals	Carbohydrates and fats	Proteins

1) _____ gave our muscles stronger and give our body the nutrients we need for growth and repair.

2) _____ help our immune system and prevent illness.

3) _____ give our body energy.

3. Tick "yes" or "no" to indicate if the corresponding food item belongs to the food group.

FRUIT AND VEGETABLES They contain **vitamins** and **minerals**.					
					
apple	chicken	broccoli	cheese	tomatoes	pasta

MEAT GROUP They give us **proteins**.					
					
fish	milk	banana	chicken	sausages	bread

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GRAIN GROUP They are high in **carbohydrates**, but also in **vitamins** and **minerals**.					
					
rice	pasta	carrots	yoghurt	bread	steak

DAIRY PRODUCTS They have **proteins** and **vitamins**.					
					
sausages	milk	pasta	yoghurt	orange	cheese

4. Answer the following questions about your diet:

a) What do you usually **have for breakfast**?

I usually have for breakfast _____.

b) What do you usually **have for lunch**?

I usually have for lunch _____.

c) What do you usually **have for dinner**?

I usually have for dinner _____.

d) What is your **favourite meal**?

My favourite meal is _____.

CLICK HERE to enjoy the video "How the six basic nutrients affect your body" by Bestie

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