



NATURAL SCIENCE

NUTRITION

5º-6º



Recuerda pulsar



1.

Match each food to the main nutrients it contains.

fats



proteins



carbohydrates



vitamins + minerals



2.

Complete the definitions choosing the correct nutrient.

provide a fast supply of energy. (⟨⟩)

provide building materials for growth and to repair our body (⟨⟩)

are necessary for our body to function correctly. (⟨⟩)

provide a slower supply of energy. (⟨⟩)

transports nutrients and waste around our body (⟨⟩)



3.

Name the different food groups.

