



# NATURAL SCIENCE

## NUTRITION

5<sup>o</sup>-6<sup>o</sup>



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 provide a slower supply of energy. (👂)

transports nutrients and waste around our body (👂)



3.

**Name**

the different food groups.

