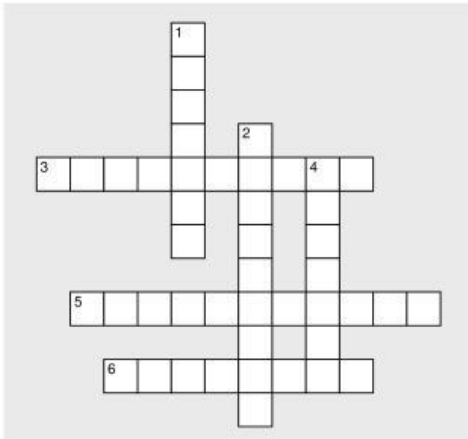


## The difference between eating and nutrition

1. Complete the crossword. Some of the answers can be found in the lesson on pages 36-37.



**Across**

- 3. The opposite of balanced (10)
- 5. The opposite of saturated (11)
- 6. Another way to say "cover and protect" from heat (8)

**Down**

- 1. The opposite of simple (7)
- 2. The opposite of soluble (9)
- 4. The opposite of insert (7)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

2. We can use the expression *tend to* before verbs to express the idea that something happens usually or frequently. For example, these two sentences have the same meaning:

Plant proteins **tend to be** deficient in amino acids.  
 Plant proteins **are usually** deficient in amino acids.

**Rewrite these sentences using *tend/tends to*.**

- a) Animal protein **usually contains** a balanced amount of different amino acids.  
*Animal protein tends to contain...* \_\_\_\_\_
- b) Simple carbohydrates are usually found in fruit and milk. (*Simple carbohydrates / tend to / be found...*)  
 \_\_\_\_\_
- c) Cheese is usually high in fats.  
 \_\_\_\_\_
- d) Citrus fruits are usually good sources of vitamin C.  
 \_\_\_\_\_
- e) Sausages usually contain saturated fats.  
 \_\_\_\_\_

### 3. Match the two columns.

Carbohydrates	are fundamental for our metabolism.
Proteins	store energy and insulate us from the cold.
Lipids	build structures and regulate metabolism.
Vitamins	help the body to function properly.
Minerals	give us energy.
Water	acts as a solvent for other nutrients, serves as a transport system for other substances and helps to regulate body temperature.

### 4. Complete the sentences.

- a) \_\_\_\_\_ are needed in very small quantities.
- b) \_\_\_\_\_ is the most abundant molecule in our body.
- c) A \_\_\_\_\_ diet contains all the minerals our body needs.
- d) We can get a balanced amount of different amino acids from most \_\_\_\_\_ protein.
- e) Simple carbohydrates are also known as \_\_\_\_\_.