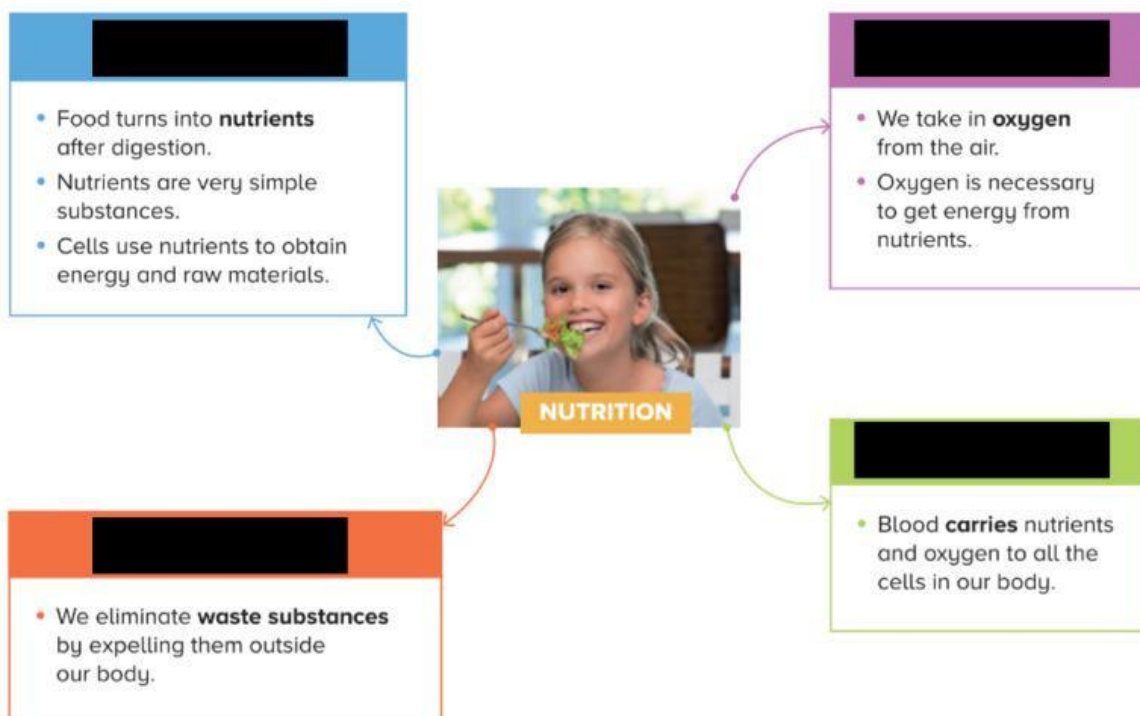


1 Complete using the words below.

energy – nutrition – grow – materials

..... involves the processes that give us the
..... and the we need
to be active and to

2. Complete the titles



3 Read the statements and write *T* (true) or *F* (false).

- ☐ Carbohydrates are the secondary source of energy.
- ☐ Fats provide the body with less energy than carbohydrates.
- ☐ Proteins are necessary to grow and repair tissues.
- ☐ Vitamins and minerals regulate many processes so that the body works properly.

4 Match.

- | | | |
|---------------------|---|------------------------|
| energy foods | • | vitamins and minerals |
| regulating foods | • | proteins |
| body-building foods | • | fats and carbohydrates |

5. Complete the gaps

- _____ are the main source of energy.
- Sugars are a type of carbohydrate that tastes sweet.



potatoes pulses cereals fruit bread

- _____ provide the body with greater energy than carbohydrates.



oily fish dairy oil nuts

- _____ are necessary to grow and repair tissues.
- They can be of plant origin, such as pulses, or animal origin, such as fish.



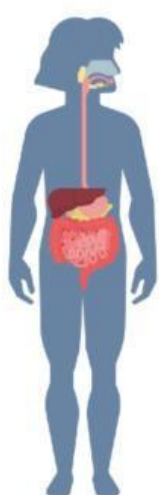
fish chicken eggs nuts pulses

- _____ regulate many processes so that the body works properly.

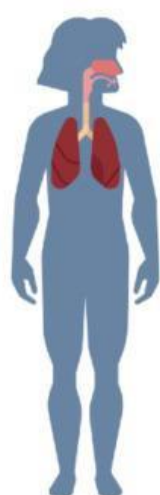


pulses fruit seeds vegetables fish eggs

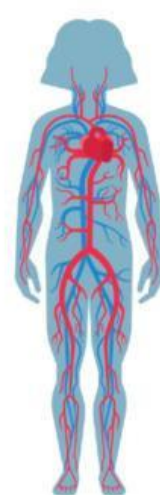
6. Complete the gaps



Digestion takes place in the _____



Respiration takes place in the _____



Circulation takes place in the _____



Excretion takes place mainly in the _____

- 7 Match to complete the basic hygiene rules we should follow when we handle food at home to make sure that foods do not contain harmful microorganisms.

Wash your hands well	•	•	that we want to use.
Clean surfaces and kitchen equipment	•	•	before eating or cooking them.
Wash fruit and vegetables well	•	•	before touching or eating food.

- 8 Read the text below and circle the correct words.

There are different food preservation/digestion methods. We keep food warm/cold to prevent microorganisms/allergens from growing. Cool/high temperatures kill microorganisms. To make food last longer, we can add salt/water, vinegar or sugar.

- 9 Write *D* if it is part of the digestive tract or *A* if it is an accessory gland.

- | | | | |
|-------------------|--------------------------|-------------------|--------------------------|
| • Mouth | ☐ | • Oesophagus | ☐ |
| • Liver | ☐ | • Small intestine | ☐ |
| • Large intestine | ☐ | • Pancreas | ☐ |
| • Stomach | ☐ | • Pharynx | ☐ |