

Name: _____

Class: _____

NIK4- Unit 1

Word Work



1) Listen and repeat:



oil



butter



fibre/ fiber



carbohydrates



dairy



protein



vitamins



minerals



calcium



iron



fats



vegetables

2) Listen and write the words:



1	2	3	4
5	6	7	8
9	10	11	12

3) Match the definitions to the words in exercise 1:

- 1) The food group that includes cheese, butter, yoghurt...
- 2) It helps us grow and helps our bodies repair themselves.
- 3) They give us energy and you can find them in bread, pasta and cereal.
- 4) These include iron and calcium.
- 5) This gives us healthy teeth and bones.
- 6) This helps food move through our body.
- 7) These include onions, carrots, potatoes...
- 8) These help us keep warm.

4) Odd one out:

1) meat	egg	protein	fish
2) dairy	fats	calcium	carbohydrates
3) oil	broccoli	onion	tomato
4) bread	carbohydrates	cereal	noodles
5) grape	pineapple	potato	orange

The end