

## VOCABULARY 1

### A. Look and choose the correct answer.

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iron  
vegetables  
butter  
fiber  
calcium  
minerals  
vitamins  
carbohydrates  
protein  
oil  
fats  
dairy

### B. Read these definitions carefully and write the correct answers.

- These are found in food, for example, iron and calcium. ....
- The food group that includes milk, cheese, and yogurt. ....
- It gives us energy and you can find them in bread, pasta, and cereal. ....
- This is a word for foods like onions, carrots, and potatoes. ....
- This is good for our teeth and bones and is found in dairy products. ....
- This helps us keep warm and is in different foods we eat. ....
- You can find this in meat, milk, and eggs. ....
- We can spread this on our bread. ....
- An element found in some foods. ....
- This helps food move through your body. ....
- A kind of fat which isn't solid. ....
- These have letters and numbers in their names: .....