

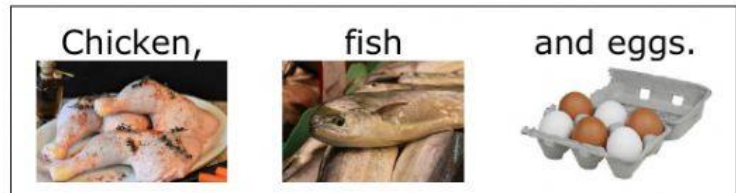
# REVIEW WEEK 2 – PART 2

## 1. Match each nutrient with the food that contains it.

Proteins •



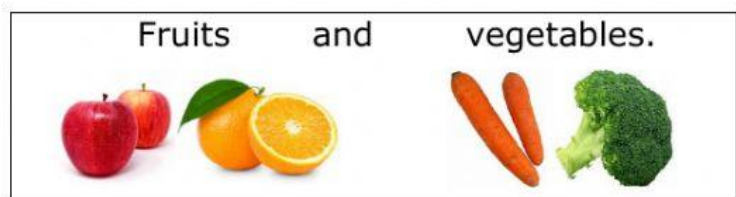
Carbohydrates •



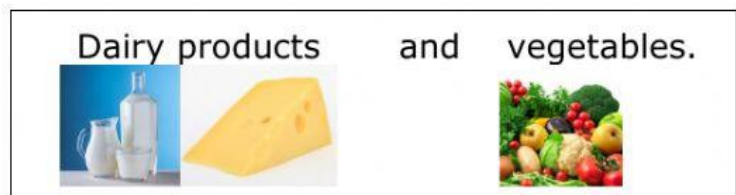
Vitamins •



Minerals •



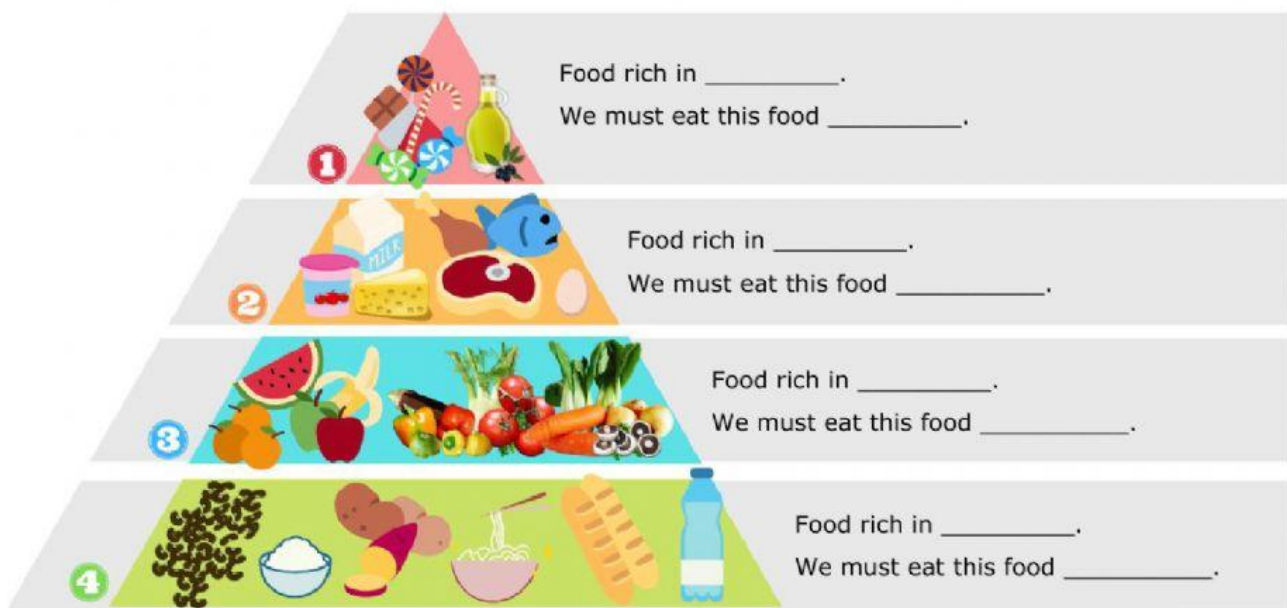
Fats •



## 2. Choose the correct nutrient to complete the definitions.

- 1) \_\_\_\_\_ gave our muscles stronger and give our body the nutrients we need for growth and repair.
- 2) \_\_\_\_\_ help our immune system and prevent illness.
- 3) \_\_\_\_\_ give our body energy.

### 3. Complete the sentences about the food pyramid.



### 4. Classify each food by writing the number of the food group they belong.

Fats  
1

Proteins  
2

Vitamins and minerals  
3

Carbohydrates  
4

dairy \_\_\_\_\_ potatoes \_\_\_\_\_ strawberries \_\_\_\_\_

cheese \_\_\_\_\_ fish \_\_\_\_\_ chocolate \_\_\_\_\_

chicken \_\_\_\_\_ olive oil \_\_\_\_\_ pasta \_\_\_\_\_

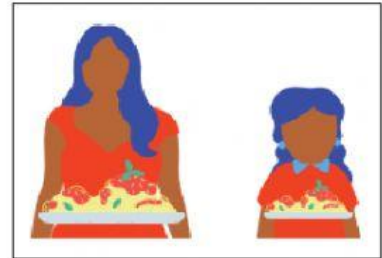
bread \_\_\_\_\_ broccoli \_\_\_\_\_ water \_\_\_\_\_

noodles \_\_\_\_\_ legumes \_\_\_\_\_ pineapple \_\_\_\_\_

meat \_\_\_\_\_ onion \_\_\_\_\_ egg \_\_\_\_\_

**5. Complete the sentences and match them with their image.**

Avoid eating an excess of \_\_\_\_\_.  
Your body stores the fat it doesn't use.  
This is \_\_\_\_\_ for your health.



Eat the correct quantity of \_\_\_\_\_  
for your body. A lack of nutrients means  
we can get \_\_\_\_\_.



Eat \_\_\_\_\_ times a day: breakfast,  
lunch, dinner and a piece of \_\_\_\_\_  
or a yogurt between meals.



Always eat \_\_\_\_\_. It's the most  
important meal of the day. It gives us  
the \_\_\_\_\_ we need until lunch.

