Proteins •

Carbohydrates •

Vitamins •

Minerals •

Fats •

Pasta, bread and rice.





Chicken, fish and eggs.





Fatty fish, olive oil and nuts.





Fruits and vegetables.






Dairy products and vegetables.





LIVEWORKSHEETS

2. Place the 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. Tick "yes" or "no" to indicate if the corresponding food item belongs to the food group.

FRUIT AND VEGETABLES They contain **vitamins** and **minerals**.					
					
apple	chicken	broccoli	cheese	tomatoes	pasta

MEAT GROUP They give us **proteins**.					
					
fish	milk	banana	chicken	sausages	bread

LIVEWORKSHEETS

GRAIN GROUP

They are high in **carbohydrates**, but also in **vitamins** and **minerals**.

					
rice	pasta	carrots	yoghurt	bread	steak

DAIRY PRODUCTS

They have **proteins** and **vitamins**.

					
sausages	milk	pasta	yoghurt	orange	cheese

4. Answer the following questions about your diet:

a) What do you usually **have for breakfast**?

I usually have for breakfast _____.

b) What do you usually **have for lunch**?

I usually have for lunch _____.

c) What do you usually **have for dinner**?

I usually have for dinner _____.

d) What is your **favourite meal**?

My favourite meal is _____.

CLICK HERE to enjoy the video "How the six basic nutrients affect your body" by Bestie

LIVEWORKSHEETS

THE NUTRIENTS IN FOOD

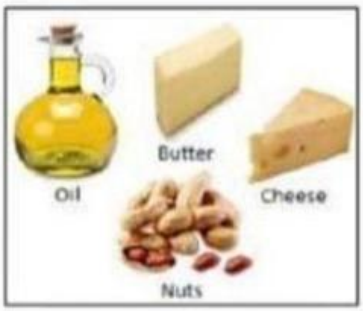
1. Match each food to the nutrient it contains.

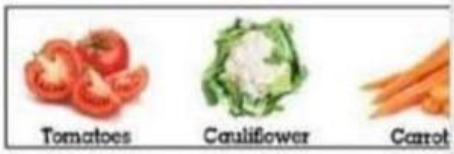
carbohydrates

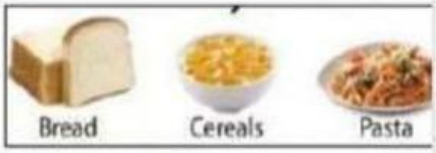
fats

proteins

vitamins and minerals





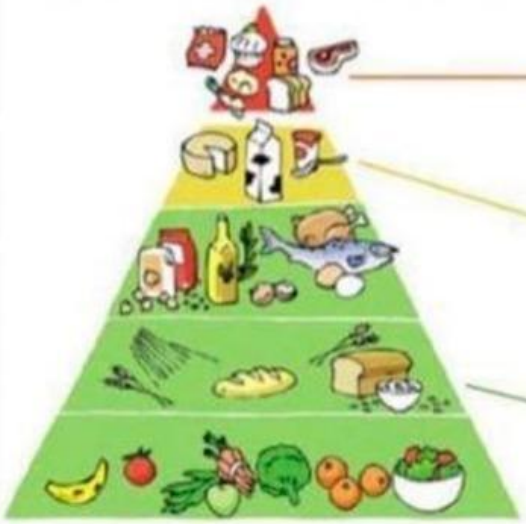




2. Choose the correct nutrient to complete the definitions.

- [ ] help us to stay healthy.
- [ ] help us grow. They make your hair and nails grow. They also repair body tissues.
- [ ] build a store of extra energy for when we need it.
- [ ] give us energy to run, ride a bike and study.

3. Complete these sentences about the food pyramid.



The food on this level is _____ because it has lots of _____. Eat it in special occasions.

The food on this level is essential but in _____ quantities. Eat a little of it everyday.

The food on these levels _____ essential for good health. Eat some everyday!

LIVEWORKSHEETS

4. Classify each food by writing the number of the nutrient they contain.

1. Carbohydrates

2. Fats

3. Proteins

4. Vitamins and minerals


Butter ___


Potatoes ___


Strawberries ___


Fish ___


Chicken ___


Oil ___


Eggs ___


Apples ___


Rice ___


Broccoli ___

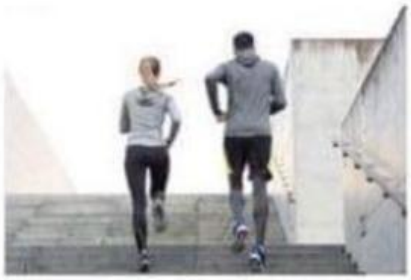

Pasta ___


Chorizo ___

HEALTHY HABITS

5. Choose if these habits are healthy or unhealthy.





- Go to bed early. [ ]
- Sleep 10 hours every night. [ ]
- Exercise before you go to sleep. [ ]
- Stretch and warm up your muscles. [ ]
- Spend time with you family and friends. [ ]
- Do some exercise once a month. [ ]





- Don't eat lots of fruit and vegetables. [ ]
- Eat lots of sweets. [ ]
- Drink lots of water. [ ]
- Eat a variety of food. [ ]
- Cover your mouth when you cough. [ ]
- Brush your teeth after meals. [ ]
- Wash your hands very often. [ ]
- Watch TV all day long. [ ]

LIVEWORKSHEETS