

# FOOD NUTRIENTS

1. WATCH THE VIDEOS.

2. MATCH.



CARBOHYDRATES

FATS

PROTEIN

VITAMINS AND  
MINERALS



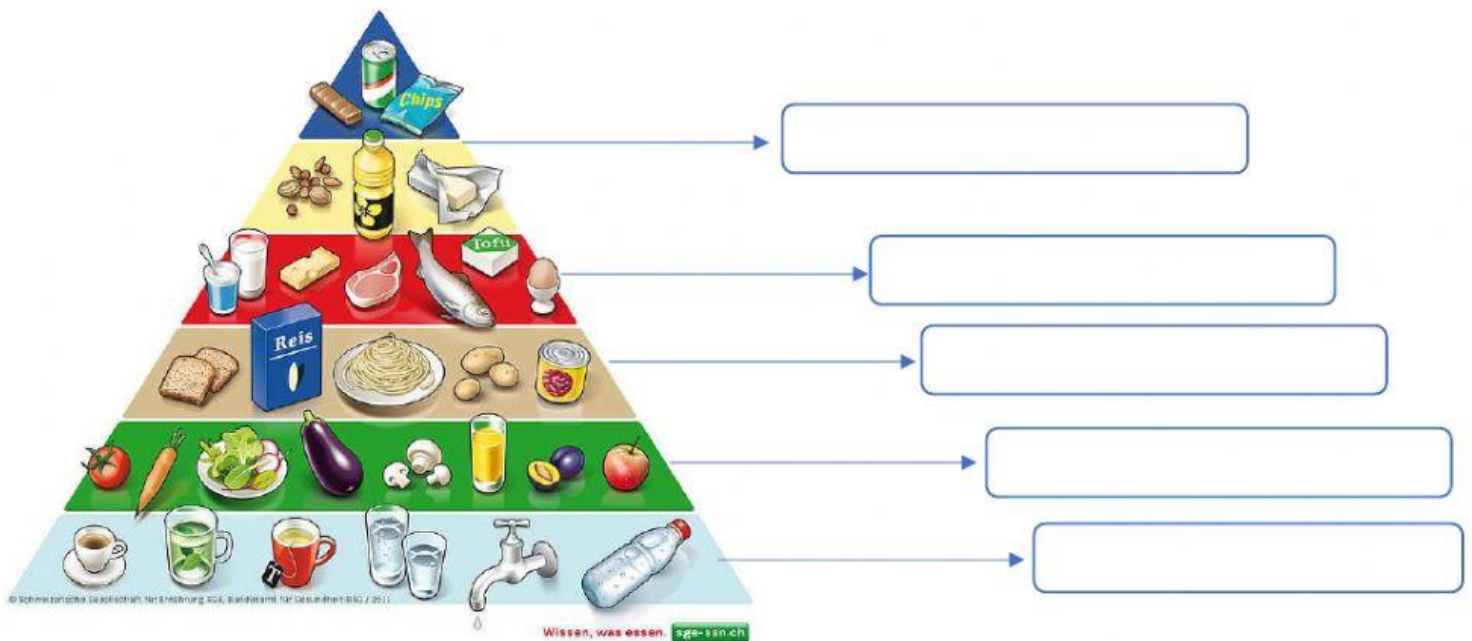
3. CHOOSE THE CORRECT WORD TO COMPLETE THE SENTENCES.

- a. It's important to eat \_\_\_\_\_ to get energy to do your daily activities.
- d. \_\_\_\_\_ helps you to grow and repair your body.
- e. Oranges and tomatoes, gives you \_\_\_\_\_ to protect your body from diseases.
- f. Butter and oil have \_\_\_\_\_ that gives you extra energy.

#### 4. CHECK THE RIGHT OPTION.

| FOOD                                                                                | CARBS | FATS | PROTEINS | VITAMINS AND MINERALS |
|-------------------------------------------------------------------------------------|-------|------|----------|-----------------------|
|    |       |      |          |                       |
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|  |       |      |          |                       |

#### 5. COMPLETE THE CHART.



CARBOHYDRATES

FATS AND SUGARS

VITAMIN AND MINERALS

PROTEIN

WATER