

- 2 Look at the food groups table. Complete the gaps in column 2 with the words in the box.

bones build digest energy fight repair skin

Food group	What do they do for your body?	Where can you find them?
carbohydrates	They give you ¹ _____.	potatoes, rice, cereal, pasta, bread
fats	They also give energy and help ² _____ the body.	dairy products, meat, oils, sweets
fibre	It helps you to ³ _____ your food.	
minerals	Calcium is good for your ⁴ _____. Iron is good for the blood. Zinc helps you ⁵ _____ infection.	fresh fruit and vegetables (zinc in seafood)
proteins	They help the body grow and ⁶ _____ itself.	meat, fish, dairy products, beans, eggs
vitamins A, B, C, D and E	Vitamins are necessary for your ⁷ _____, bones and teeth.	fresh fruit and vegetables, dairy products