

## *Healthy food*

### I. Choose the correct nutrient.





**II.** Complete the following sentences using the following words: ***vitamins, carbohydrates, proteins and fats.***

1. Fruits and vegetables are rich in \_\_\_\_\_, which help us to keep our bodies strong and healthy.
2. Junk food often contains unhealthy \_\_\_\_\_, which can lead to weight gain.
3. Bread, rice, and pasta contain a lot of \_\_\_\_\_, which give us energy for the day.
4. Meat, eggs, and beans are good source of \_\_\_\_\_, which helps build our muscles.
5. Too many \_\_\_\_\_, found in fried food and sweets, can be bad for our health.
6. Oranges and lemons are full of \_\_\_\_\_, which help our immune system stay strong.
7. Dairy products like milk and cheese provide \_\_\_\_\_ that help in growth and repair.