Healthy food

I. Choose the correct nutrient.













LIVEWORKSHEETS







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

1. Fruits and vegetables are reach 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.

LIVEWORKSHEETS