1 We eat responsibly

NAME ..... DATE .....

1 Complete the text about nutrition using the words below.

energy – grow – materials

Nutrition involves the processes that give us the .....
and the raw ..... we need to be active and to
..... .

2 List the processes involved in nutrition and the system in which each takes place.

- ..... takes place in the .....
- ..... takes place in the .....
- ..... takes place in the .....
- ..... takes place mainly in the .....

3 Read the statements and write *T* (true) or *F* (false).

- ☐ Carbohydrates are the main source of energy.
- ☐ Fats provide the body with less energy than carbohydrates.
- ☐ Proteins are necessary to grow and repair tissues.
- ☐ Vitamins and minerals regulate many processes so that the body works properly.

4 Match the types of foods with their nutrients.

energy foods	•	•	vitamins and minerals
regulating foods	•	•	proteins
body-building foods	•	•	fats and carbohydrates

5 There are several guides on preparing healthy meals. One of these is Harvard's healthy eating plate. Complete the types of foods and proportions, and then answer the question.

- Half of the plate contains .....
- One quarter of the plate contains .....
- One quarter of the plate contains .....
- Which liquid should be your drink of choice? .....

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6 What does the Mediterranean diet consist of? Tick the correct options.

a) Eating lots of foods of plant origin ☐
b) Eating red meat every day ☐
c) Avoiding processed foods ☐
d) Using butter ☐
e) Eating dairy products in moderation ☐

7 Match to complete the basic hygiene rules we should follow when we handle food at home to make sure that foods do not contain harmful microorganisms.

Wash your hands well	•	• that we want to use.
Clean surfaces and kitchen equipment	•	• before eating or cooking them.
Wash fruit and vegetables well	•	• before touching or eating food.

8 Read the text below and circle the correct words.

- There are different food preservation/digestion methods.
- We keep food warm/cold to prevent microorganisms/allergens from growing.
- Cool/High temperatures kill microorganisms.
- To make food last longer, we can add salt/water, vinegar or sugar.

9 Write *T* if it is part of the digestive tract or *G* if it is an accessory gland.

• mouth ☐	• oesophagus ☐	• stomach ☐
• liver ☐	• small intestine ☐	• pharynx ☐
• large intestine ☐	• pancreas ☐	• salivary glands ☐

10 Mark with an X the organs where these stages of the digestive process take place.

Stage	Mouth	Stomach	Small intestine	Large intestine
Digestion				
Absorption				
Elimination of waste				

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