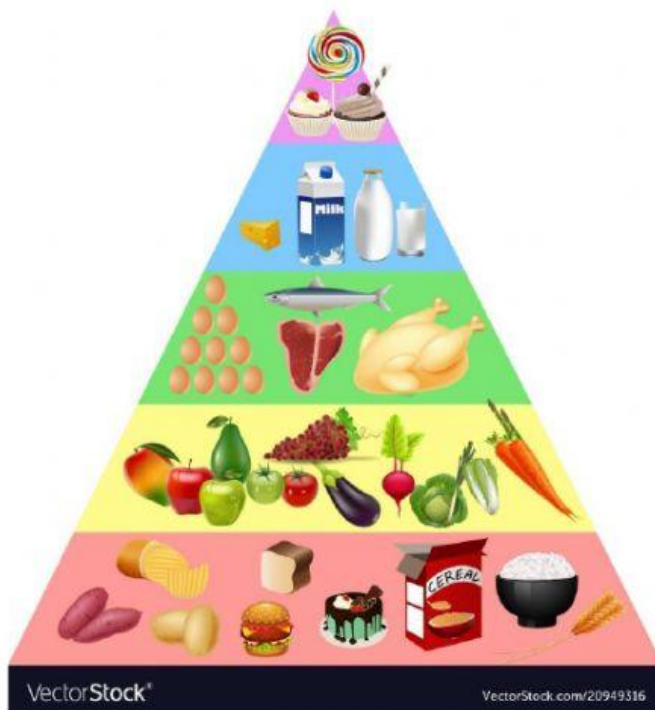


1-Say if it is true or false:

- Food contains nutrients
- Food is the same as nutrient
- Proteins make us grow
- Vitamins and minerals give us energy
- Carbohydrates contains fats



2-Watch the pyramid above and say what nutrients are in each type of food (proteins , fats, carbohydrates,vitamins and minerals)

- Cake:
- Chicken:
- Eggs:
- Milk:
- Fruit:
- Vegetables:
- Pasta:
- Bread:
- Oil: