MEDUCA
PARA TODA LA VIDA
MINISTERIO DE EDUCACIÓN

Emperatriz Taboada Primary School
Topic: Nutrition

Name: _____ **Date:** _____

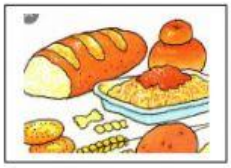
I. Part: Look at the picture and match with the word.











1. **Healthy food**
2. **Obesity**
3. **Overnutrition**
4. **unhealthy food**
5. **undernutrition**
6. **Proteins**
7. **vitamins**
8. **Carbohydrates**







II. Part. Read and write true or false.

1. Nutrients provide energy. _____
2. Meat group and milk group are rich in proteins. _____
3. Nutrition is the study of animals. _____
4. The nutrients are vitamins, proteins, fats, and minerals. _____.
5. Fruits are rich in vitamins and minerals. _____
6. Nutrients are unhealthy for your body.

LIVEWORKSHEETS