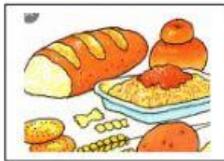


Name: _____ Date: _____

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.