



NUTRITION

I. Fill in the diagram with the nutrients functions



vitamins & minerals



proteins



carbohydrates



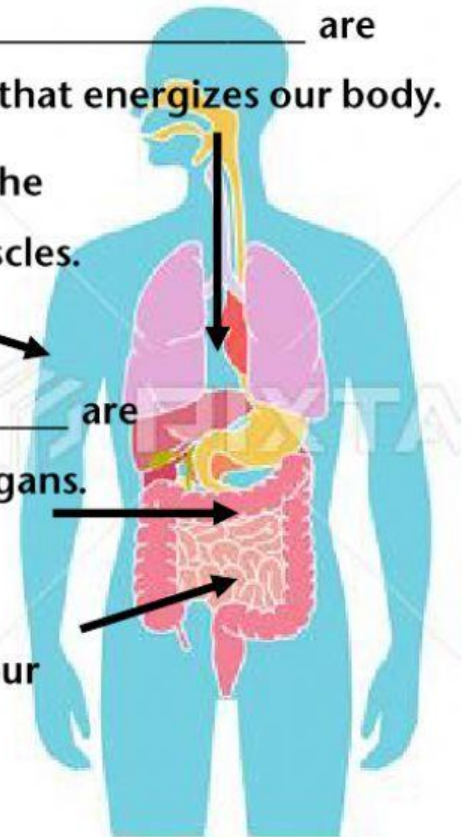
water

_____ are
fuel that energizes our body.

_____ are the
nutrients of our muscles.

_____ are
the nutrients of our organs.

_____ keeps our
systems running.



II. Form full sentences using your answers in I

1. Proteins are the nutrients of our muscles.

2.

3.

4.

III. Match the nutrients with the foods you can find them in..

vitamins & minerals

meat, chicken, fish and some beans

proteins

bread, rice, pasta and sweets.

carbohydrates

vegetables, fruits and some grains

water

soup and drinks