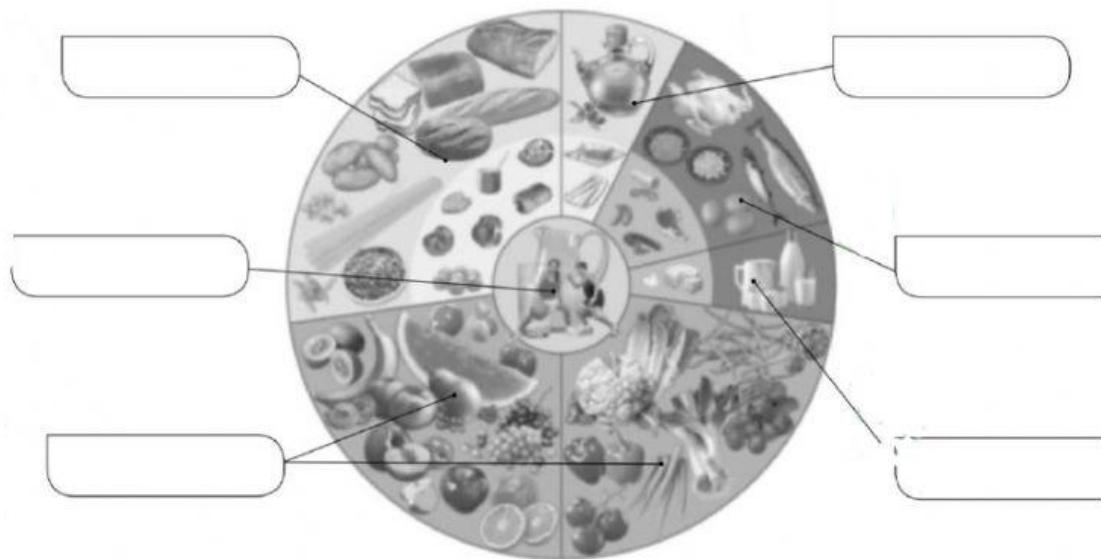


2 Label the food wheel. Write *carbohydrates, proteins, fats, minerals and vitamins, water and exercise, and calcium*.



Name 2 foods in each group.

Carbohydrates: _____ and _____
Proteins: _____ and _____
Fats: _____ and _____
Minerals and vitamins: _____ and _____
Dairy products: _____ and _____

Read and write correct sentences. Use the words below.

Meat and fish Carbohydrates Fats Fibre Fruit and vegetables

Vitamins and minerals Dairy products

- _____ is good for digestion.
- _____ give us lots of energy.
- _____ are rich in proteins and iron.
- _____ are rich in calcium.
- _____ help our brain and nervous system.
- _____ contain vitamins, minerals and fibre.
- _____ help us grow and protect us from illness.

Fill in the chart.

Food: bananas yoghurt carrots ham

Contains: calcium proteins potassium Vitamin A

Function: builds muscle helps build strong bones good for your heart

Helps keep eyes healthy

FOOD	CONTAINS	FUNCTION

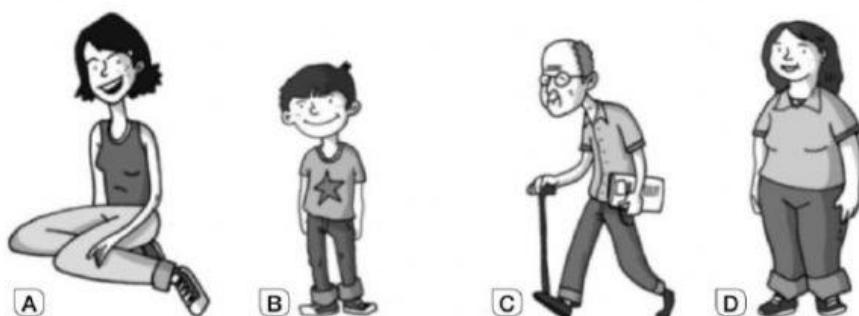
Write the stages of life.

adolescence

old age

childhood

adulthood



- Now, write the stages of life in order.

1st _____

2nd _____

3rd _____

4th _____