

Project 4 Unit 3

English across the curriculum

BIOLOGY



1. Read and listen to the text on p. 41. Are the statements true (T) or false (F), or doesn't say (DS)?

1. We get all our vitamins from food.
2. Junk food doesn't contain vitamins or minerals.
3. Your body can't store vitamin C.
4. Iron and zinc are minerals.
5. We get most of our minerals from fruit.
6. The most important B vitamin is B12.
7. You need two hours of sunshine to get enough vitamin D.
8. Eggs contain vitamins A, B, D and E.

2. Read the text again. Complete the chart.

Vitamin	Good for	From
A		
B		
C		
D		
E		

3. Complete the sentences with these verbs.

absorb	store	contain	provides	carries	get
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1. Your body can _____ vitamins A, B, D, and E.
2. Fish and meat _____ a lot of minerals.
3. Blood _____ oxygen to your muscles.
4. Your body can _____ vitamin D from sunshine.
5. A balanced diet _____ enough vitamins and minerals.
6. Bones _____ calcium

4. Think about your lunch yesterday. What did you have? What vitamins and minerals did it contain?

