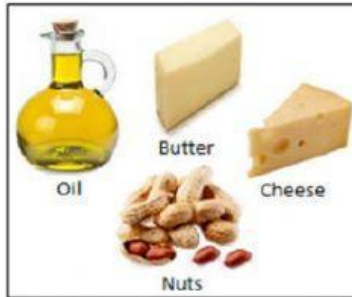


# THE NUTRIENTS IN FOOD

1. Match each food to the nutrient it contains.



carbohydrates

fats

proteins

vitamins and minerals



2. Choose the correct nutrient to complete the definitions.

- help us to stay healthy.
- help us grow. They make your hair and nails grow. They also repair body tissues.
- build a store of extra energy for when we need it.
- give us energy to run, ride a bike and study.

3. Complete these sentences about the food pyramid.



The food on this level is \_\_\_\_\_ because it has lots of \_\_\_\_\_. Eat it in special occasions.

The food on this level is essential but in \_\_\_\_\_ quantities. Eat a little of it everyday.

The food on these levels \_\_\_\_\_ essential for good health. Eat some everyday!

4. Classify each food by writing the number of the nutrient they contain.

1. Carbohydrates

2. Fats

3. Proteins

4. Vitamins  
and minerals



Butter \_\_\_\_



Chicken \_\_\_\_



Rice \_\_\_\_



Potatoes \_\_\_\_



Oil \_\_\_\_



Broccoli \_\_\_\_



Strawberries \_\_\_\_



Eggs \_\_\_\_



Pasta \_\_\_\_



Fish \_\_\_\_



Apples \_\_\_\_



Chorizo \_\_\_\_

## HEALTHY HABITS

5. Choose if these habits are healthy or unhealthy.



- Go to bed early.
- Sleep 10 hours every night.
- Exercise before you go to sleep.



- Stretch and warm up your muscles.
- Spend time with you family and friends.
- Do some exercise once a month.



- Don't eat lots of fruit and vegetables.
- Eat lots of sweets.
- Drink lots of water.
- Eat a variety of food.



- Cover your mouth when you cough.
- Brush your teeth after meals.
- Wash your hands very often.
- Watch TV all day long.

# INTOLERANCES

6. Select the food that a person with **LACTOSE INTOLERANCE** can't eat.



7. Select the food that a person with **GLUTEN INTOLERANCE** can't eat.



8. Match:

When we are  
healthy

We feel tired and are often  
ill.

When we are  
unhealthy

We have plenty of energy  
and feel well

# FIRST AID

## 9. Write TRUE or FALSE:

In an emergency...

- Always panic and run around shouting. ☐
- Always stay calm around shouting ☐
- Always call an adult ☐
- If necessary call 091. ☐
- In necessary call 112 ☐

## 10. Drag the words.

THERMOMETER

BLOOD PRESSURE  
MONITOR

X- RAY

To see if we have a **broken bone**, we use the....

To know if we are **dehydrated** or we have a **general health problem**, we use the...

To take the temperature to know if we have a **fever**, we use the...