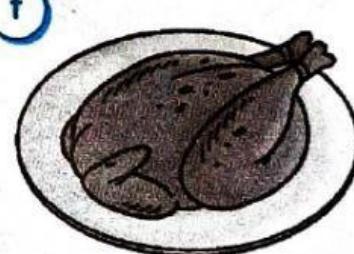
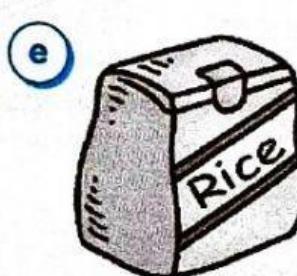
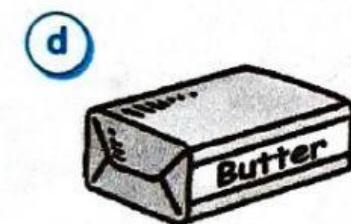
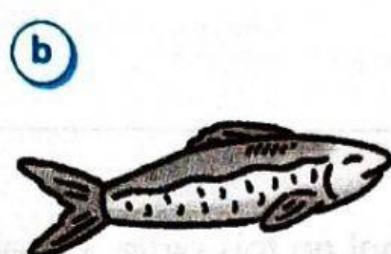
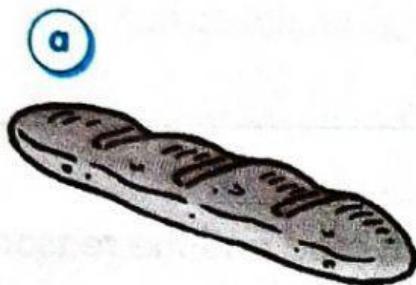


Topic 9 A balanced diet

1 What is the main nutrient (food substance) that each of these foods provides? Write the nutrient under the picture. You will need to use each word twice.

carbohydrate protein fat



2 True (T) or false (F)?

a Potatoes and rice are fatty foods.

b You should only eat one type of food each day.

c You need a mixture of different foods to stay healthy.

d Burgers, fries and cakes are good sources of vitamins and minerals.

e Fresh fruit and vegetables provide vitamins, minerals and fibre.