



GUÍA DE TRABAJO
CURSO: 4º
ASIGNATURA: Natural Science

1. True or false.

- You have a balanced diet if you eat lots of fruit and vegetables. _____
- Fruit and vegetables provide lots of vitamins and minerals. _____
- Dairy products give you iron and proteins.

- There are five main food groups. _____
- You can find healthy fats in bread and pasta.

2. Read and match

Proteins	give you long-lasting energy.
Antioxidants	helps your body digest properly.
Carbohydrates	protect cells from illnesses and cancer.
Calcium	help your body repair and build muscle.
Fibre	keeps your bones and teeth healthy.

3. Complete

cavities • obesity • decay • plaque

- Eating a lot of sugar is bad for your body because it can cause _____.
- Sugar is also bad for your teeth because it causes _____.
- This can create holes in your teeth called _____.
- These two problems can cause tooth _____.

4. Tick the correct answer.

- When you exercise, your brain produces **stress** / **endorphins**.
- Endorphins make you feel better and less **stressed** / **concentrated**.
- Exercise makes your heart **stronger** / **bigger**.
- Too much exercise can be **great** / **bad** for your body.



5. Complete with the correct words.

iron • fibre • oils • proteins • fats • carbohydrates

- Bread, pasta, cereals and potatoes contain
_____ and _____.
- Olive oil, seeds, avocados and nuts contain healthy
_____ and _____.
- Meats, poultry, fish, eggs and pulses contain
_____ and _____.