



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 \_\_\_\_\_.