

# NUTRITION 7 – FOOD AND NUTRITION

1. Watch the video "[The Nutrient Song](#)" and match each nutrient with the food that contains it.

Proteins •

Pasta,



bread



and rice.



Carbohydrates •

Chicken,



fish



and eggs.



Vitamins •

Fatty fish,



olive oil



and nuts.



Minerals •

Fruits



and

vegetables.



Fats •

Dairy products



and

vegetables.



## 2. Place the nutrient to complete the definitions.

Vitamins and minerals

Carbohydrates and fats

Proteins

- 1) \_\_\_\_\_ gave our muscles stronger and give our body the nutrients we need for growth and repair.
- 2) \_\_\_\_\_ help our immune system and prevent illness.
- 3) \_\_\_\_\_ give our body energy.

## 3. Tick "yes" or "no" to indicate if the corresponding food item belongs to the food group.

### FRUIT AND VEGETABLES

They contain **vitamins** and **minerals**.



apple



chicken



broccoli



cheese



tomatoes



pasta

### MEAT GROUP

They give us **proteins**.



fish



milk



banana



chicken



sausages



bread

### GRAIN GROUP

They are high in **carbohydrates**, but also in **vitamins** and **minerals**.



rice



pasta



carrots



yoghurt



bread



steak

### DAIRY PRODUCTS

They have **proteins** and **vitamins**.



sausages



milk



pasta



yoghurt



orange



cheese

#### 4. Answer the following questions about your diet:

a) What do you usually **have for breakfast**?

I usually have for breakfast \_\_\_\_\_.

b) What do you usually **have for lunch**?

I usually have for lunch \_\_\_\_\_.

c) What do you usually **have for dinner**?

I usually have for dinner \_\_\_\_\_.

d) What is your **favourite meal**?

My favourite meal is \_\_\_\_\_.

[CLICK HERE](#) to enjoy the video "How the six basic nutrients affect your body"

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