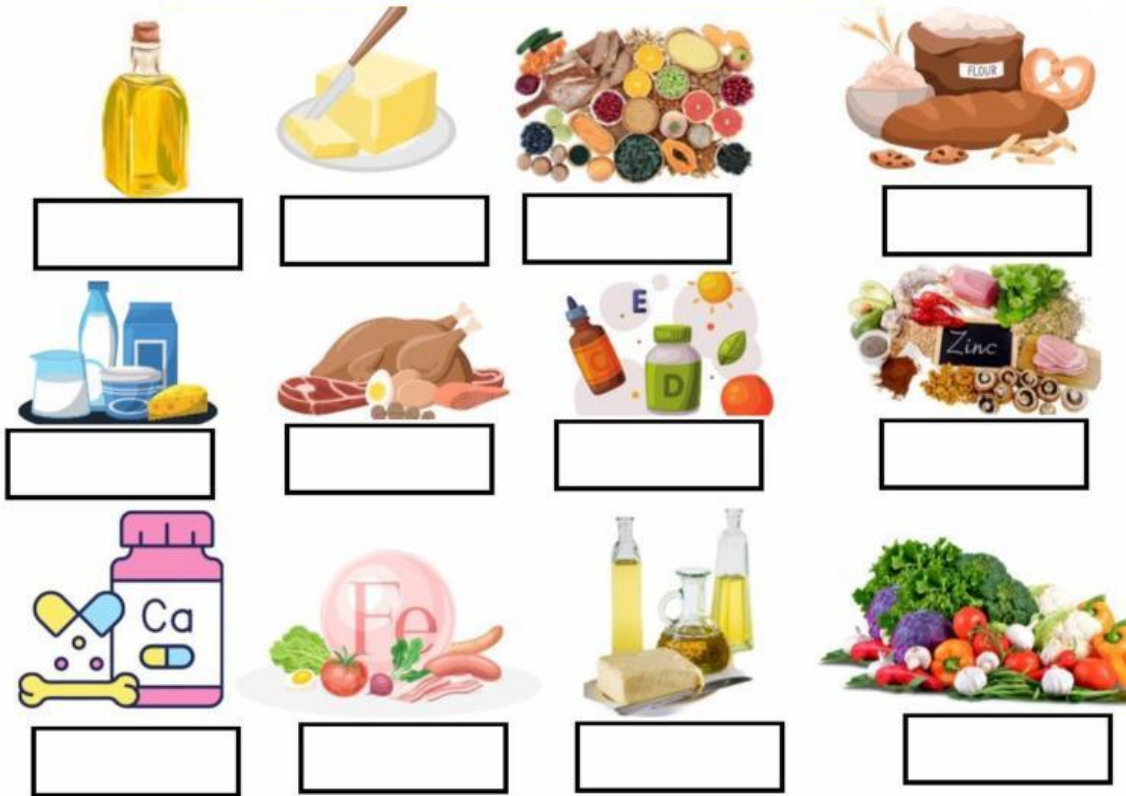


VOCABULARY 1

A. Look and choose the correct answer.



iron
vegetables
butter
fiber
calcium
minerals
vitamins
carbohydrates
protein
oil
fats
dairy

B. Read these definitions carefully and write the correct answers.

- 1 These are found in food, for example, iron and calcium.
- 2 The food group that includes milk, cheese, and yogurt.
- 3 It gives us energy and you can find them in bread, pasta, and cereal.
- 4 This is a word for foods like onions, carrots, and potatoes.
- 5 This is good for our teeth and bones and is found in dairy products.
- 6 This helps us keep warm and is in different foods we eat.
- 7 You can find this in meat, milk, and eggs.
- 8 We can spread this on our bread.
- 9 An element found in some foods.
- 10 This helps food move through your body.
- 11 A kind of fat which isn't solid.
- 12 These have letters and numbers in their names: