

REPASO NATURAL UNIT 3 LET'S EAT

1- In what meal do you eat these dishes? BREAKFAST – LUNCH – SNACK – DINNER



2- Circle the food to recover from a stomach flu.



3- Read and complete. FIBRE – CARBOHYDRATES – PROTEIN – CALCIUM

..... helps strong teeth and bones.

..... give us energy.

..... helps the food circulate through the digestive system.

..... helps our body to grow.

4- Where do they come from? **Animals** or **plants**?

Milk come from

Fish come from.....

Fruit come from.....

Tomatoes come from

Eggs come from.....

Meat come from

Cheese come from.....

Vegetables come from.....

5- Read and match.

- Grains, potatoes and legumes.
- Vegetables and fruits.
- Milk and dairy.
- Meat, fish and eggs.

Proteins

Carbohydrates

Vitamins/Fibre

Calcium

6- Where do you store these food?

Yogurt – Cookies – Meat – Vegetables - Ice-cream – Pasta - Milk.

IN A DRY PLACE

IN THE FRIDGE

IN THE FREEZER