

REVIEW WEEK 2 – PART 2

1. Match each nutrient with the food that contains it.

Proteins •



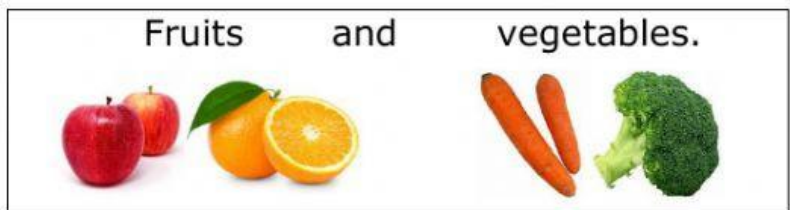
Carbohydrates •



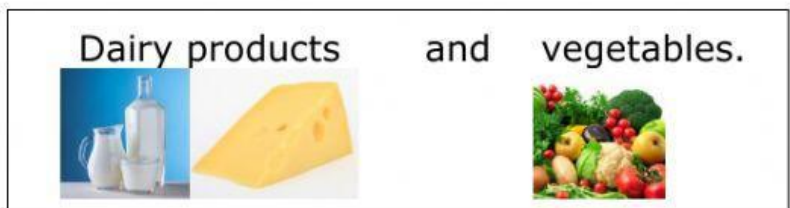
Vitamins •



Minerals •



Fats •



2. Choose the correct nutrient to complete the definitions.

- 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. Complete the sentences about the food pyramid.

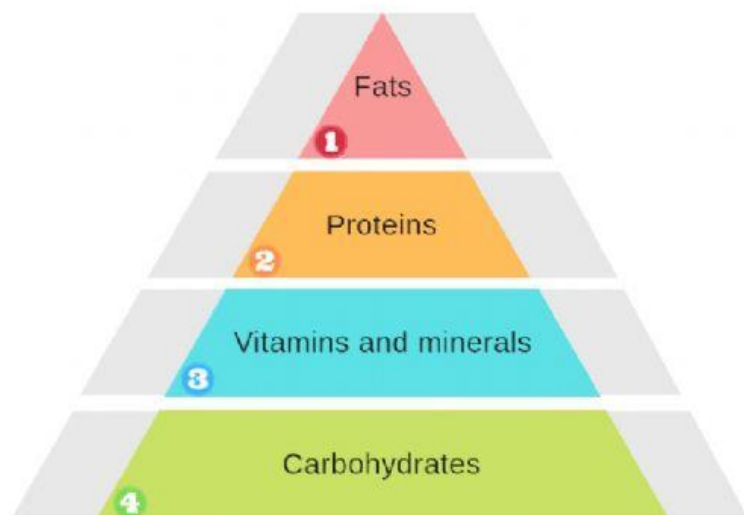
1 Food rich in _____.
We must eat this food _____.

2 Food rich in _____.
We must eat this food _____.

3 Food rich in _____.
We must eat this food _____.

4 Food rich in _____.
We must eat this food _____.

4. Classify each food by writing the number of the food group they belong.



dairy ____



potatoes ____



strawberries ____



cheese ____



fish ____



chocolate ____



chicken ____



olive oil ____



pasta ____



bread ____



broccoli ____



water ____



noodles ____



legumes ____



pineapple ____



meat ____



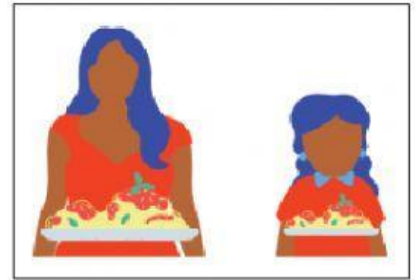
onion ____



egg ____

5. Complete the sentences and match them with their image.

Avoid eating an excess of _____.
Your body stores the fat it doesn't use.
This is _____ for your health.



Eat the correct quantity of _____
for your body. A lack of nutrients means
we can get _____.



Eat _____ times a day: breakfast,
lunch, dinner and a piece of _____
or a yogurt between meals.



Always eat _____. It's the most
important meal of the day. It gives us
the _____ we need until lunch.

