

FOOD NUTRIENTS

1. WATCH THE VIDEOS.

2. MATCH.



CARBOHYDRATES



FATS



PROTEIN



VITAMINS AND
MINERALS

3. CHOOSE THE CORRECT WORD TO COMPLETE THE SENTENCES.

a. It's important to eat to get energy to do your daily activities.

d. helps you to grow and repair your body.

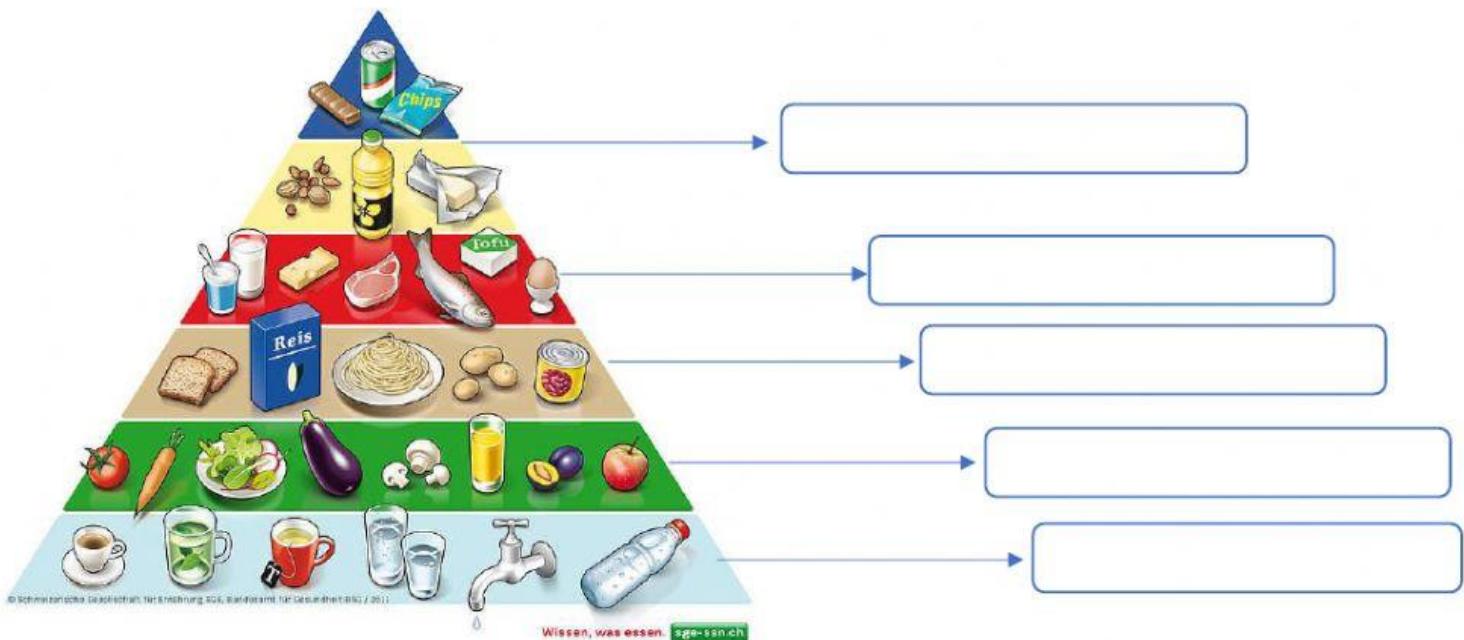
e. Oranges and tomatoes, gives you to protect your body from diseases.

f. Butter and oil have that gives you extra energy.

4. CHECK THE RIGHT OPTION.

FOOD	CARBS	FATS	PROTEINS	VITAMINS AND MINERALS
				
				
				
				
				
				
				

5. COMPLETE THE CHART.



CARBOHYDRATES

FATS AND SUGARS

VITAMIN AND MINERALS

PROTEIN

WATER