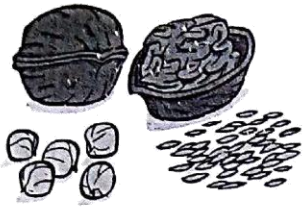


4

Food and nutrients

1 What are the main nutrients in these foods? Circle.

A



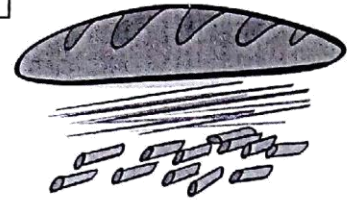
fibre / fats

B



minerals / carbohydrates

C



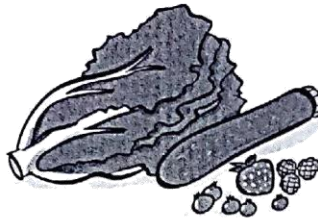
carbohydrates / fats

D



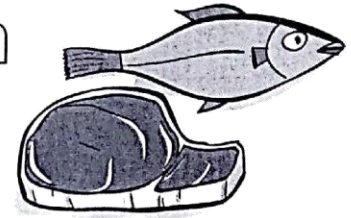
minerals / fats

E



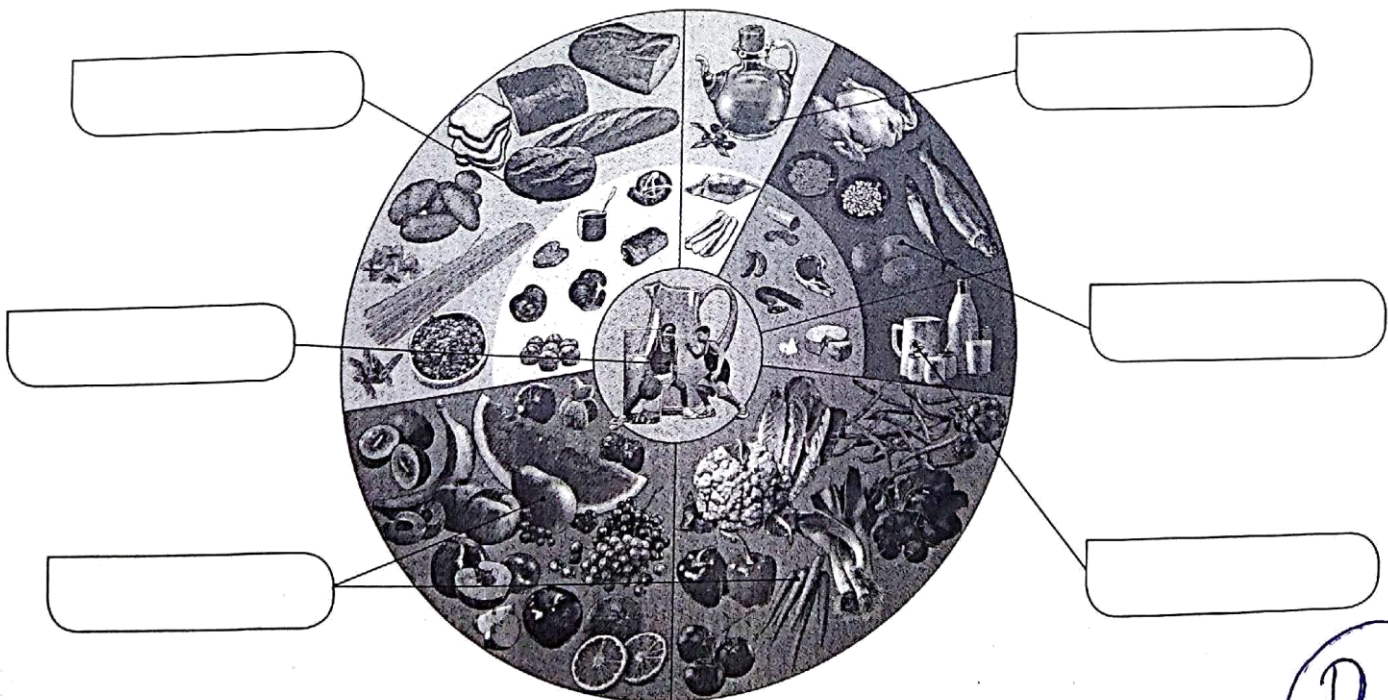
fats / vitamins

F



proteins / fibre

2 Label the food wheel. Write *carbohydrates, proteins, fats, minerals and vitamins, water and exercise, and calcium.*



P.1

3 Why are water and exercise in the centre of the food wheel?

4 Match and make correct sentences.

- a. A sufficient diet gives you the right amount of nutrients.
 b. A balanced diet gives you the right amount of energy.

5 Unscramble the words and write the main nutrients in foods.

tfsa

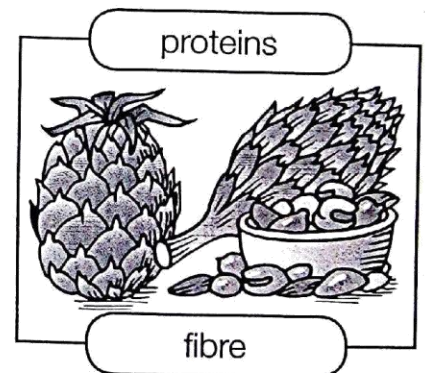
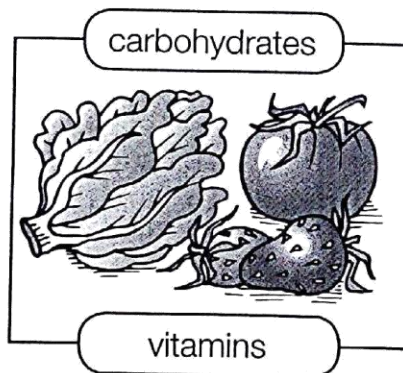
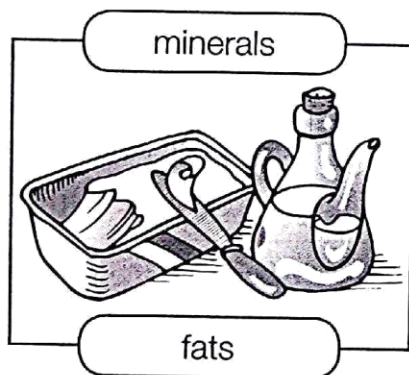
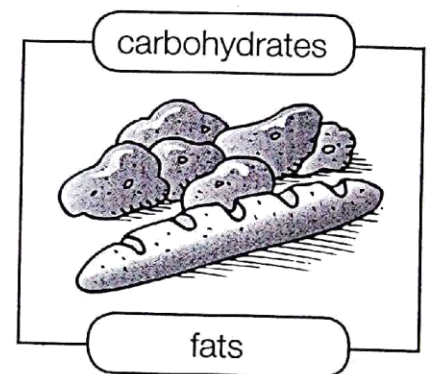
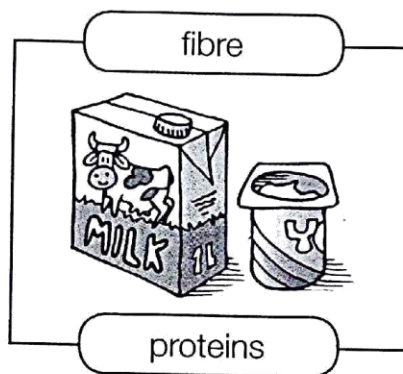
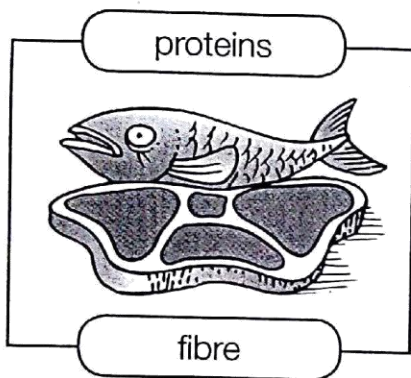
darryhcsaobe

rsnopiet

iasnmtv

rmenlias

6 Look at the food. Circle the nutrients they give you.



7 Tick (✓) the correct sentence.

- a. Calcium is a mineral that makes up our bones.
- b. Carbohydrates make up our bones.

8 Circle the healthier food in each pair of words.

oil / butter

cheese / milk

grapes / biscuits

sausages / chicken

croissant / bread

P.2

7 Find and circle four nutrients. Then, write.



r	x	p	v	d	s	m	z
s	o	g	i	l	a	i	v
p	r	o	t	e	i	n	s
g	s	w	a	e	t	e	b
f	k	t	m	x	y	r	p
y	i	p	i	a	n	a	j
r	t	a	n	q	d	l	w
f	a	t	s	l	c	s	o

- Which main nutrient is missing from the word search?

8 Cross out the least healthy food for each meal.

- a. Breakfast: orange juice, toast, cereal, a piece of cake.

- b. Lunch: salad, chicken, chips, peas.

- c. Dinner: a hamburger, carrot soup, an omelette, fish.

9 Classify the food and drink.

fruit – milk – sausages – bread – fizzy drinks – vegetables –
fish – sweets – cakes – meat – hamburgers – butter

P.3

- Eat every day: _____

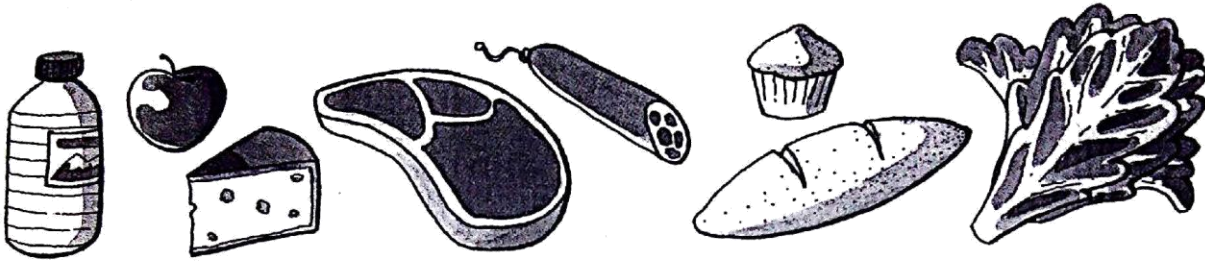
- Eat occasionally: _____

10 Read the sentences and match.

- a. This helps our digestive system work correctly.
- b. We need them to grow.
- c. We need them to stay healthy.
- d. They give us energy.

- carbohydrates and fats
- fibre
- proteins
- vitamins and minerals

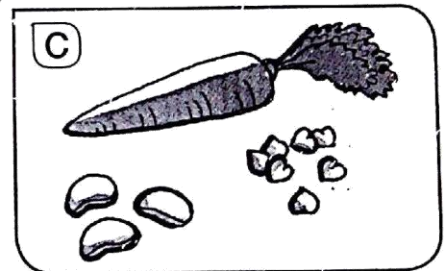
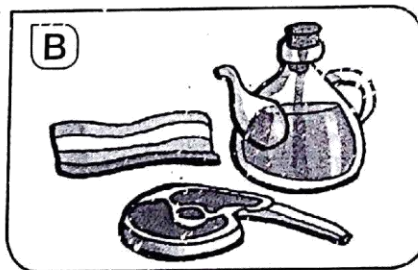
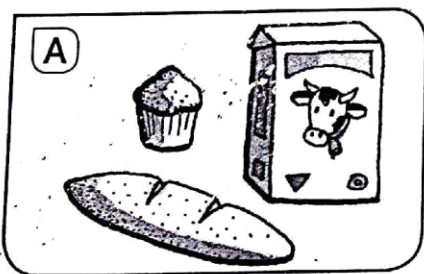
11 Circle the foods you should eat every day.



12 What nutrients does each of these foods contain?

- a. yoghurt ▶ _____
- b. olive oil ▶ _____
- c. bread ▶ _____
- d. green peppers ▶ _____
- e. lentils ▶ _____
- f. pasta ▶ _____

13 Cross out the odd food in each food group.



14 What is a healthy, balanced diet? Complete the text.

energy – grow – healthy – nutrients – water

P.4

We need food to help us _____, keep us _____ and give us _____. A healthy diet includes _____ from all the food groups. A balanced diet includes the right amount of food from each group. It is also important to drink six to eight glasses of _____ a day.