

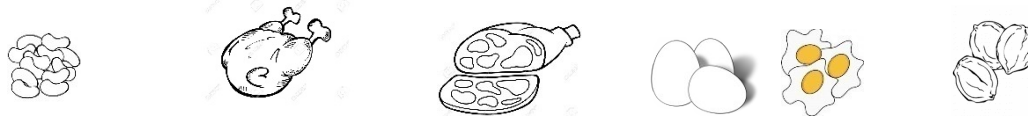
Name.....

Food has got **nutrients**. Our body needs nutrients to survive, grow and repair itself. Nutrients also give us energy. These nutrients are:

**Carbohydrates** They give us energy. There are two types of carbohydrates. Sugars which are in food that tastes sweet.



**Proteins** They help our body grow. They build and repair muscle, skin, brain and blood. Meat, fish, eggs and legumes have got proteins.



**Fats and oils** Our body stores energy in fat. So, they also give us energy. Not all fats are good. We need small amounts of good fats. E.g. olive oil



**Vitamins** They fight diseases, help our eyes to see and keep our skin healthy. Fruit and vegetables give us vitamins.



**Minerals** They help our body to function (muscles and nerves) and keep our bones and teeth healthy. E.g. **calcium** in dairy products, **phosphorus** in dairy products, fish, eggs and meat, **magnesium** in green leafy vegetables.



**Water** Most of our body is made up of water. Water helps keep our body clean and metabolize our food. Our body gets water from food, too! We should drink 6-8 glasses of water every day.



A) What do you know about food groups and nutrients?

Complete the table.

<b>FOOD</b>	<b>FOOD GROUP</b>	<b>NUTRIENTS</b>
Potatoes	.....	.....
Steak	.....	.....
Spinach	.....	.....
Spaghetti	.....	.....
Oranges	.....	.....
Eggs	.....	.....
Cheese	.....	.....
Cabbage	.....	.....
Nuts	.....	.....
Olive oil	.....	.....
Fish	.....	.....
Yoghurt	.....	.....

B) Answer the questions.

1. How much water should we drink daily?

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2. Which nutrient helps to fight off diseases?

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3. Which nutrient helps us to grow?

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4. Give some examples of food which gives us energy.

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