

THE NUTRIENTS

A) What are nutrients?

B) Unscramble the

1. TPERIOSM
2. STAF
3. AVIMTN
4. RMNIEL

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C) Give two examples

1. Vitamins and
2. Carbohydrate
3. Fats
4. Proteins

nutrients.

D) Match each food group to its appropriate function and complete the sentence.

- | | | |
|------------------|---|---------------------------------|
| 1. Vitamins | ● | ● give us energy for later use. |
| 2. Fats | ● | ● boost the immune system. |
| 3. Proteins | ● | ● provide energy to the body. |
| 4. Carbohydrates | ● | ● help in growth and repair. |

THE NUTRIENTS

A) What are nutrients?

Nutrients are substances in food that provide nourishment to the body. They are essential for energy and growth and help us remain healthy.

B) Unscramble the

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C) Give two examples

1. Vitamins and
2. Carbohydrate
3. Fats
4. Proteins

- nutrients.
- oranges**
- bread**
- butter**
- beans**

D) Match each food group to its appropriate function and complete the sentence.

- | | | | | |
|------------------|---|---|---|-------------------------------|
| 1. Vitamins | ● | → | ● | give us energy for later use. |
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| 3. Proteins | ● | → | ● | provide energy to the body. |
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