

# FOOD AND DIET

## Nutrients



### 1 True or false?

| Your opinion |  | The text |
|--------------|--|----------|
|              | 1. Babies drink milk.                          |          |
|              | 2. Old people eat a lot.                       |          |
|              | 3. Meat and fish have got a lot of proteins.   |          |
|              | 4. Fruit and vegetables have got a lot of fat. |          |

### 2 Read and check.

People need energy to play football, run and think. This energy comes from the food we eat. People eat different kinds of food.



Babies drink milk.



Old people don't eat a lot.

Different kinds of food have got different nutrients:

**Glucose or sugar** - beans, cakes and bread

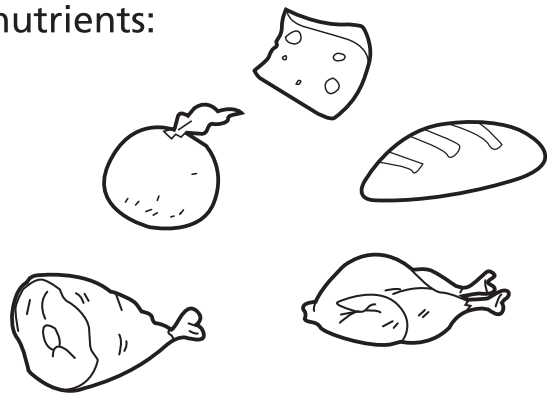
**Fat** - oil and butter

**Proteins** - meat, fish, eggs and milk

**Vitamins** - fruit, vegetables, milk and eggs

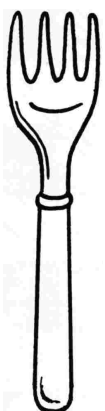
**Minerals** - milk, beans and eggs

**Water** - fruit and vegetables



### 3 Write.

~~bread~~ eggs butter oil meat fish milk cakes fruit vegetables beans



| Vitamins | Glucose or sugar | Fat | Minerals | Water | Proteins |
|----------|------------------|-----|----------|-------|----------|
|          | bread            |     |          |       |          |

