

2. Place the nutrient to complete the definitions.

Vitamins and minerals

Carbohydrates and fats

Proteins

- 1) _____ gave our muscles stronger and give our body the nutrients we need for growth and repair.
- 2) _____ help our immune system and prevent illness.
- 3) _____ give our body energy.

3. Tick "yes" or "no" to indicate if the corresponding food item belongs to the food group.

FRUIT AND VEGETABLES They contain vitamins and minerals .					
					
apple	chicken	broccoli	cheese	tomatoes	pasta

MEAT GROUP They give us proteins .					
					
fish	milk	banana	chicken	sausages	bread

Food Nutrition Pupils Text Multi

Lauren Gardner



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