


- 1  Check the meanings of the words in the box and complete the text. Read and listen to the text and check your answers.

water minerals fat (x2) protein
vitamins diseases carbohydrates

Nutrients in food

There are six main types of nutrients.

1 makes you strong. There is a lot of this in meat, fish, milk, eggs, beans and nuts.

2 give us energy. There are a lot of these in bread, pasta, rice and potatoes.

3 are important nutrients in the food we eat and you can find them in different types of food. People who don't get many of these in their food can get 4

5 are important for strong teeth and bones. You can find them in meat, fish, milk, vegetables and nuts.

This nutrient has got the most energy and is good for our skin and hair. The 6 in food such as butter, chocolate, chips, burgers and crisps is unhealthy, but the 7 in food like olive oil, nuts and some fish is healthy.

8 is also a very important nutrient. You can't live for more than one or two days without it. There's a lot of this in fruit, vegetables and juice, too.



- 2 Read the text again. Are the sentences *True* or *False*?


- There isn't any protein in beans.
- You can get diseases if you don't eat a lot of vitamins.
- Minerals are good for healthy teeth.
- Carbohydrates have got the most energy.
- Some types of fat are good for you.
- There isn't any water in vegetables.

- 3 Read the sentences and write the names of the food in the text.

- It's got animal fat in it. It's from milk. We put it on bread.
- It's got vegetable fat in it. It's in a bottle. We put it on salads. It's very healthy.
- It's got a lot of protein in it. It's white. We drink it.
- These have got a lot of protein. You can cook them or eat them in a salad. They can be different colours.
- It's brown and very sweet. It's delicious, but it's got a lot of fat.

- 4 Look at the picture of the dinner plate. What nutrients are there in the five food groups?



- 5  **USE IT!** Work in pairs. What do you eat every day? Ask and answer questions with your partner to complete the table. Then use the information to draw a dinner plate for your partner. Who eats the healthiest food?

	Group 1: Fruits and vegetables	Group 2: Bread, pasta, etc.	Group 3: Meat, fish, etc.	Group 4: Fat	Group 5: Milk, cheese, yoghurt, etc.
..... (name)	an apple, some green beans	some bread, some potatoes			
..... (name)					

What kind of fruit do you eat every day?

I eat an apple.