



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

