

Worksheet 1.

a. Answer the following questions:

1. How many times do you eat in a day?
2. What is your favourite food?
3. What is in your opinion the most important meal of the day?
4. Why is it breakfast so important?
5. What do you usually have for breakfast?
6. What do people from other countries have for breakfast?

b. Make a chart of what you eat each day for a week. Circle everything that you think is a healthy food.

DAYS OF THE WEEK	breakfast	lunch	break	dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Worksheet 2.

a. Say if these statements are true or false and correct the false ones.

1. Starch is sweet
2. Meat is rich of starch
3. Glucose isn't useful to produce energy
4. Some glucose is stored in the liver
5. Glucose cannot be turned into fat

b. Answer the following questions:

1. How many kinds of carbohydrates do you know?
2. What happens during the digestion of carbohydrates?
3. Where can we find carbohydrates?

c. Choose the correct statements to complete the sentences.

1. *Proteins are used*

- A. For the growth of the body tissue
- B. To repair the body tissue
- C. both of them

2. *Proteins can be mainly found in...*

- A. Pasta and vegetables
- B. Meat, milk products, eggs and beans
- C. Oranges and lemons

3. *Proteins are made of....*

- A. Chemical units
- B. Chemical cells
- C. Chemical particles

4. *Keratin is a protein that helps keep*

- A. Bones and teeth healthy

- B. Tissues healthy
- C. Hair and skin healthy

5. *During the digestion, proteins are broken down into...*

- A. Vitamins and minerals
- B. Acids
- C. Amino acids

d. Answer the following questions:

1. Where can proteins be found?
2. What are proteins made of?
3. What are the main foods made from milk?

Worksheet 3.

a. Answer the following questions:

1. How can fats be classified?
2. What foods contain unhealthy fats?
3. When was the expression 'junk food' invented?
4. Do you know what coca-cola is made of?
5. Are candies healthy in your opinion? Why? Why not?
6. How many snacks do you eat in a day?
7. Do you go to fast food restaurants? If so, how often?
8. What kind of diseases can cause a high consume of junk food?

b. Choose the correct answer.

1. ***Vitamin C is necessary for:***

- clotting blood
- liver
- preventing colds

2. ***Vitamin K is good for:***

- teeth and bones
- clotting blood
- preventing colds

3. *Vitamin A can be found in:*

- Milk products and fish oil
- Meat
- Vegetables

4. *Vitamin D is useful for:*

- Blood vessels
- Muscles
- Bones

c. Answer the following questions:

1. Do minerals contain carbon?
2. Where can minerals be found?
3. What are the most important minerals our body needs?

Chose the correct word in italics:

1. Foods containing vitamins include*meat/fruit and vegetables*.
2. Our body needs about*15/25 different types of vitamins*.
3. Vitamins are organic chemicals as they contain*carbon/ acids*.
4. Minerals are*inorganic/ organic*.
5. We need about*15/20 minerals in all*.
6. Proteins help our bodies to grow our*muscles/bones*.
7. Vitamins help us to make to*fight diseases/ to grow muscles*.

Worksheet 4.

a. Say if these statements are True or false and correct the false ones.

1. The 70 of our body is water
2. Water cannot be found in solid foods
3. Our body needs to take in water when it loses it in urine

b. What is the main nutrient that is found in meat?

- a. proteins
- b. carbohydrates
- c. fats

c. Answer the following questions:

- 1. What is the food containing vitamins?*
- 2. What are proteins useful for?*

3. Choose three types of food that contain a lot of sugar:

cakes - carrots - milk - fizzy drinks- chocolate - fish –

4. *Underline three foods that contain a lot of fats:*

cabbage - crisps - apples - pizza - butter - eggs – cheese

5. *What is the food containing vitamins?*

6. *What are proteins useful for?*

7. *Choose three types of food that contain a lot of sugar:*

cakes - carrots - milk - fizzy drinks- chocolate - fish –

8. Name two things that might happen if you eat too much sugar.

9. Which other kind of food might not be good for you if you eat too much of it?

10. What three things should you do for good hygiene?