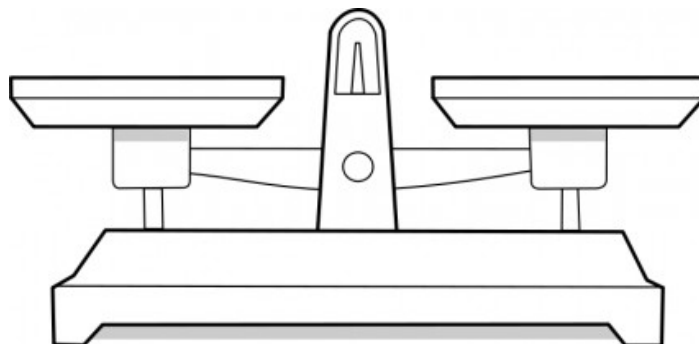


Food and drinks give your body the energy it needs

All food contains **nutrients** that are very important for our body

- Carbohydrates → energy.
-
- Protein → growth and reparation.
-
- Fats → energy and insulation.
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- Vitamins → growth and development.
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- Minerals → health, teeth, blood
-
- Fibres → digestive system's health

In order to give your body all the nutrients, you have to eat different food in a **BALANCED DIET**.



Match the descriptions with the right nutrients

These do most of the repair work to our body cells and they also help us grow. They are found in eggs, milk, meat, poultry, fish and cheese.

These are found in all sorts of foods. They are only needed in small amounts but they are extremely important. They are found in fruit, vegetables, eggs and milk.

These give us most of our energy. They are found in bread and potatoes.

This helps to keep our digestive system healthy and is found in vegetables, cereals, grains and fruits.

These give us energy and help keep us warm. They are found in butter and meat.

**Vitamins
and
Minerals**

Carbohydrates

Proteins

Fats

Fibres