

UNIT 2. FOOD AND NUTRITION-ACTIVITIES

1. Copy and complete the sentences with the present simple affirmative form of the verbs.

- a) Food_____three types of needs in our body. (satisfy)
- b) Our bodies_____energy to do physical activity. (needs)
- c) Proteins_____the most important structural nutrients. (be)
- d) Your body_____energy to breathe and to keep your blood flowing. (use)
- e) Respiration_____a combination of chemical reactions. (be)
- f) Essential substances in food_____to repair biological structures. (help)

2. Look at the food wheel. Copy and complete the sentences in your exercise book.

- a) Meat, fish and_____are rich in protein.
- b) Fats and oils are in group_____
- c) Fruit and vegetables are high in_____
- d) Milk and_____are high in protein.
- e) _____contain sugars, protein and minerals.

3. Choose the correct answers.

- a) There are_____food groups.
1. 7 2. 6 3. 8
- b) The main foods in group 1 are_____
1. Fish and eggs 2. Milk and dairy products 3. Cereals and sugars
- c) Group 6 foods are high in_____
1. Milk and dairy products 2. Cereals and sugars 3. Fruits
- d) Group 2 foods are high in_____
1. Protein 2. Fats 3. Vitamins
- e) _____are important foods in group 5
1. Meat and fish 2. Vegetables 3. Cereals and oils