

Task 1: Fill in the blanks using the words below

In order to stay **healthy**, the body needs seven main chemicals which are called food **types**. These are carbohydrates, proteins, **fats**, minerals, vitamins, fibre and water. A balanced diet contains the **correct** amounts of all seven food types. Carbohydrates are sugars and **starch**. Carbohydrates give us energy quickly. Fats also give us **energy** but they release it much more slowly. Stored fat under the skin also helps us to keep **warm**. We need **protein** to help us grow and to repair damaged parts. Minerals and **vitamins** are needed in smaller amounts to keep the body healthy. Fibre helps to keep the food moving along the **intestines**.

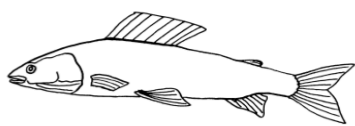
Intestines types fats warm correct protein starch
healthy energy vitamins

Food type	Foods rich in this
Carbohydrate	Starchy and sugary foods, e.g. potato, bread, cereals and cakes.
Protein	Meat, fish, eggs, cheese, milk and nuts.
Fat	Vegetable oils, butter, lard, cream, cheese and some meats.
Vitamins	Fresh fruit and vegetables.
Minerals	A wide range of foods, e.g. iron from meat and calcium from milk.
Fibre	Cereals, fruit and vegetables.

Task 2: Write down the main FOOD TYPES that each of the foods below contain.



Carbohydrates



Protein



Vitamins, minerals
and fibre



Proteins and fat



Carbohydrates
and fibre



Protein and
minerals



Protein



Carbohydrates