



## Different foods have different jobs

*Different foods have different jobs to do. If we eat too much of one type of food it can make us unhealthy.*

**Q1.** Here are different foods. Write which group they belong to, Use the words in the box below.

**proteins - carbohydrates - fats - vitamins - minerals - fibre**



▪ Meat is rich in .....

▪ Eggs are rich in .....

▪ Bread is rich in .....

▪ Butter is rich in .....



▪ Cereals are rich in .....

▪ Carrots are rich in .....



▪ Milk is rich in .....

▪ Nuts are rich in .....

▪ Fish is rich in .....

**Q2.** Do you know the answer?

a) It's very important to drink lots of water because our bodies are made up:

50 % of water

70 % of water

60 % of water

75 % of water

**Q3.** Tick (✓) the right answer:

To eat lots of hamburgers and chips is good for your healthy.

To eat lots of hamburgers and chips is quite good for your healthy.

To eat lots of hamburgers and chips is bad for your healthy.

