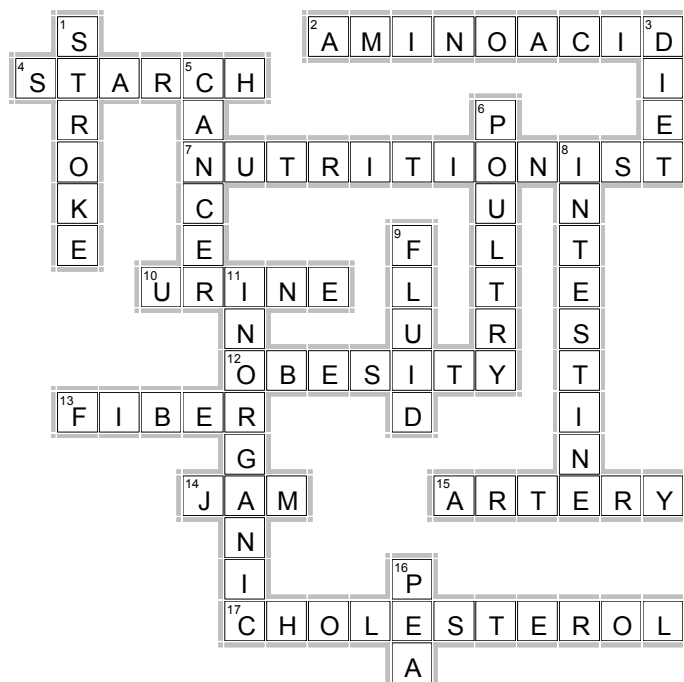


2 TRUE OR FALSE?

	T	F
Cholesterol levels in developing countries are very high.		✓
We should eat a wide range of food to stay healthy.	✓	
Before nutrients can work in our body they must be made smaller.	✓	
Waste is the food that our body cannot use.	✓	
Our body needs about a litre of water every day.		✓
Starches give our body quick energy.		✓
Saturated fats can produce too much cholesterol.	✓	
Proteins are made up of carbohydrates.		✓
Minerals are substances that come from living things.		✓
Fluorine is an element that the body needs in very small amounts.	✓	
Bread and cereals are important parts of our diet. We should eat a lot of them.	✓	
Sugary food has a lot of calories and many nutrients.		✓
Too much salt may lead to high blood pressure.	✓	
Iron is important for the production of red blood cells.	✓	

4 CROSSWORD



6 DOs OR DON'Ts?

	DO	DON'T
Make sure you drink 2- 3 litres every day.	✓	
Put a lot of salt on your food.		✓
Eat a lot of potatoes, cereals and bread.	✓	
Eat a lot of vegetables and fruit.	✓	
Prepare your meals with fat or oil from animals.		✓
Drink soft drinks with a lot of sugar.		✓
Sometimes you should eat food with iron in it.	✓	
Your body needs proteins to grow and stay healthy.	✓	
Eat as much as you can of one type of food.		✓
Eat a lot of food with saturated fat		✓
Do a lot of exercise.	✓	

7 FILL IN THE MISSING WORDS FROM THE BOX!

The most important **nutrient** is water. We need it to cool our body down when it gets too **hot**. It also helps **break down** food into liquids. Without water we would not be able to **survive** for very long.

Carbohydrates provide our body with **energy**. It is in sugar and **starch**. Carbohydrates are found in foods like bread, **potatoes** or pasta.

Fats help store vitamins and produce **fatty** acids. Too much fat, however, can lead to high levels of **cholesterol**, a waxy substance that may block our **blood vessels**.

Proteins help **muscles**, skin and hair grow. They are made up of amino acids. Not all proteins are produced by the body itself. We must get some of them out of food like **fish**, meat and beans.

Iron, calcium or **magnesium** are some of the minerals our body needs in small amounts. Iron is in haemoglobin, a **substance** that carries **oxygen** to red blood cells.

We also need **various** vitamins to stay healthy. Each of them do different jobs. Vitamin C, for example, helps when we have a **cold**. Vitamin D makes bones and teeth stronger.

blood vessels
break down
cholesterol
cold
energy
fatty
fish
hot
magnesium
muscles
nutrient
oxygen
potatoes
starch
substance
survive
various