

# 6th. WEEK - 4th. GRADE

## SCIENCE:

### HUMAN NUTRITION (UNIT 3)

#### pages 40-41

1. What are the 3 kinds (groups) of food? Tell me examples.

2. Watch this video about balanced diet [*dieta equilibrada*]:

<https://youtu.be/9VtxCxtsMAI>

➤ Complete from the video:

- Food from **plants**: vegetables, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
- Food from **animals**: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

➤ Write the examples of the food in the video for:

[*En este vídeo los **body- regulatory** foods están divididos en dos grupos: **protective foods** y **vitamins & fibers***]

- **Energy giving foods**: wheat, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
- **Body building foods**: meat, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
- **Protective foods**: milk and \_\_\_\_\_.
- **Vitamins**: milk, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

- **Fibers:** grains, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
- Apart from [*aparte de, además de...*] all that food, what other thing is very important for our diet?
- Tell me an example of **junk food** [*comida basura*]:

3. What kind of [*tipo de*] food is this?:

