

## 6th. WEEK - 4th. GRADE

### SCIENCE: *answers*

#### HUMAN NUTRITION (UNIT 3)

#### pages 40-41

1. What are the 3 kinds (groups) of food? Tell me examples.
  - a) **Energy-rich foods:** pasta, bread, potatoes, butter, oil, cereals, sugar...
  - b) **Body building foods:** fish, meat, pulses, milk and dairy products (cheese and yogurt) ...
  - c) **Body regulating foods:** fruit and vegetables

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

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

- ✓ Complete from the video:
  - Food from **plants:** vegetables, **grains**, **pulses** and **fruits**.
  - Food from **animals:** **meat**, **milk**, **fish** and **eggs**.

- ✓ 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 & fibres***]

- **Energy giving foods:** wheat, rice, sugar and chocolate.
- **Body building foods:** meat, fish, eggs, milk, cheese, yogurt and butter.
- **Protective foods:** milk and yogurt.
- **Vitamins:** milk, eggs, vegetables and fruits.
- **Fibres:** grains, pulses, vegetables and fruits.

- ✓ Apart from [*aparte de, además de...*] all that food, what other thing is very important for our diet?:

We must [*debemos*] drink lots of **water**.

- ✓ Tell me an example of **junk food** [*comida basura*]:

**Factory-made\* pizzas or hamburgers.**

\*Factory-made: *hecho en fábrica, no artesanal*

### 3. What kind of food is this?:

Books are:

- energy rich foods, because they give us lots of energy and imagination,
- body building foods, because they help us grow strong,
- and body regulating foods, because they protect us from being manipulated.

