

EATING RIGHT (REVISION)

I. Key Words: -

- a) Cultivate – develop.
- b) Nutrients – Substances derived from food that helps the human body to grow.
- c) Toxic – poisonous.
- d) Obese – overweight.
- e) Sluggish – dull and lazy.

II. Define: -

Balanced diet, Nutrients, Energy giving food, Protective food, Body building foods.

III. Write the sources of all the types of the nutrients: -

IV. Fill in the blanks: -

- a) _____ is as harmful as overeating.
- b) _____ is the most important meal of the day.
- c) We should drink _____ water to keep our body hydrated.
- d) Carbohydrates and fats are the sources of _____.
- e) If we skip meals, we will become _____ and _____.