

Upper primary school

You eat properly so you can grow and enjoy good health

1- What's it good for?

- 1- For vitamins C, A, B9 : Fruit and vegetables
- 2- For muscles (proteins and iron) : Meat, fish, eggs
- 3- For bone growth : Milk and cheese
- 4- For brain and nerve growth : Plant and fish oils
- 5- For energy between meals : Cereals, bread, pulses
- 6- For fun : Sweets, sugar and honey

Put these foods into their correct group: 1, 2, 3, 4, 5 or 6

Grated carrot

Yoghurt

Oil/vinegar dressing

Mashed carrot

Fish fillet

Chocolate

Cereals

Lentils

Apple

2- You should eat fruit and vegetables often.

Put a cross next to what they give your body.

Healthy intestines

Vitamins

Minerals

Proteins

Fats

Dietary fibre

Magnesium

Iron

3- Vitamin C or A

Colour in red the foods that contain vitamin A and in green those that contain vitamin C.



Peppers



White cabbage



Spinach



Tomato



Carrot



Broccoli



Pumpkin



4 - Invent a colourful recipe using vegetables you like.

5 - Recipes

Tick the vegetables that appear in famous recipes : Zucchini, Potato, Chickpeas, Leek, Carrot, Peppers, Tomato.

- Ratatouille : _____
- Shepherd's pie : _____
- Beef stew : _____
- Couscous : _____
- Braised beef : _____
- Hot chilli sauce : _____
- Pizza : _____

6- Circle the balanced meals.

- Grated carrot – veal and mash – fruit flan
- Radish with butter – fish in breadcrumbs with green beans – strawberry tart
- Tomato and mozzarella – chicken and chips – apple purée
- Watercress soup – boiled egg and soldiers – salad – fromage frais and fruit sauce

