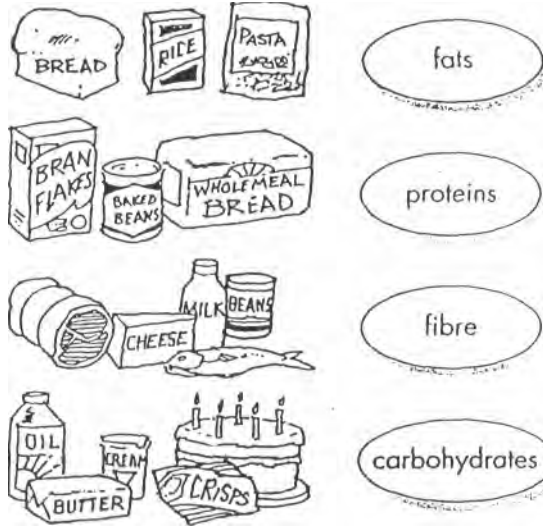


A balanced diet

a Match the food substances to the foods they are found in.

b Then match these food substances with the jobs they do in your body.



Your body uses these to grow and repair itself.

These provide energy for all your body processes.

These are energy stores. Too much can make you overweight.

This keeps food moving through your gullet

Use these words to complete the table.

calcium vitamin C iron vitamin D

Vitamin or mineral	Found in	Disease caused by the lack of it
	red meat, apricots, spinach	You can become anaemic without this mineral. Your blood doesn't carry oxygen properly and you feel weak and tired.
	fruit and green vegetables	If you have too little of this vitamin your skin and gums become unhealthy. You get a disease called scurvy.
	milk, cheese, yoghurt	Without this mineral your teeth and bones get weak and break easily.
	margarine, milk	Without this vitamin your teeth and bones are weak. You get a disease called rickets.