

Food facts

Look at these foods

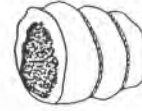
bread



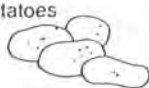
fish



meat



potatoes



a Colour the foods that contain lots of carbohydrates in *blue*.

b Colour the foods that contain lots of protein in *red*. C

Colour the foods that contain lots of fat in *yellow*.

Look at the bar charts on Sheet 2. These show how much carbohydrate, protein and fat are contained in 100 g of some different foods.

Use the bar charts to answer these questions. a

How much carbohydrate is there in 100g of

potato crisps? g

b Which food contains 0 g of fat?.....

C Which food contains the most protein?.....

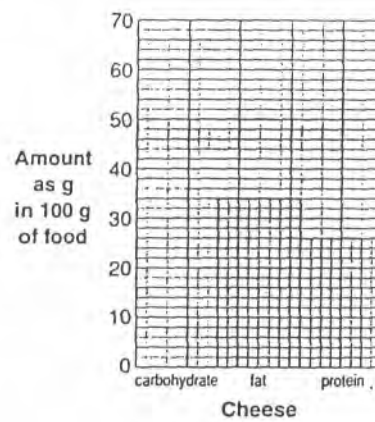
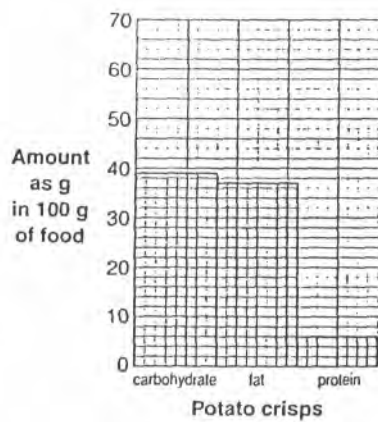
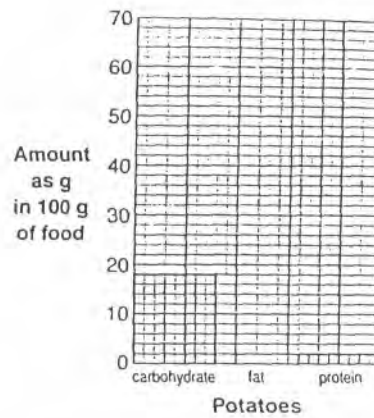
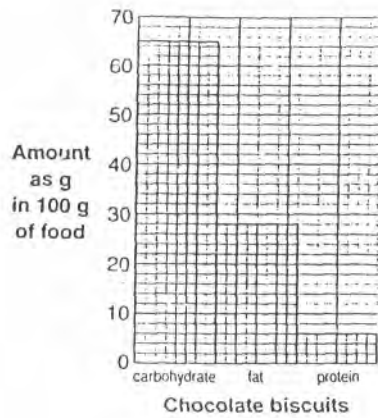
d Which two foods contain the same amount of protein?

..... and..

d Which contains more fat, 100 g of chocolate biscuits or 100 g of potato crisps?

Food facts cont.

1a



3 Match the words to the descriptions.

digestion

carbohydrate

protein

fat

These give energy for everything our bodies do, such as moving and growing.

These are used to build new cells and repair damaged ones.

Breaking food down into smaller pieces so our bodies can use it.

Food is stored as this, for when our bodies need energy.