CONOCIMIENTO
DEL MEDIO NATURAL,
SOCIAL Y CULTURAL

Primaria
FOOD AND NUTRITION
SOLUTIONS

Activity 3. Listen to the following audio and complete this chart. Then, check your answers using the information in activity 2.

Activity 4. Using the scheme above, write a text about one of the main nutrients and tell your classmate about it. You can use the following example:

- We can find carbohydrates in some foods such as: Sugar, rice, spaghetti, cereals, bread, muffins, fruits, cakes, potatoes...
- We can find proteins in some foods such as: beans, fish, turkey, eggs, chicken, meat, cheese, nuts, milk...
- We can find fats in some foods such as: ice creams, hamburgers, butter, fast food, nuts, olive oil, bacon...
- We can find vitamins and minerals in some foods such as: oranges, mushrooms, cherries, bananas, strawberries, carrots, apples, tomatoes, milk...
- We can find fibre in some foods such as: wholemeal bread, fruits, vegetables...
Activity 6. Listen and complete the text

Food contains essential nutrients. Food comes from animals or plants and is classified into five groups.

**GROUP 1: Milk, yogurt and cheese**

Dairy products contain many nutrients, such as the calcium necessary for strong bones and teeth.

**GROUP 2: Meat, fish, poultry, beans, eggs and nuts.**

This group has many nutrients necessary for growth.

**GROUP 3: Bread, rice, pasta, cereals, sugar and sweets.**

This group gives us some of the energy we need.

**GROUP 4: Fruits and vegetables**

This group contains vitamins, which are substances necessary for good health.

**GROUP 5: Fats and oils**

This group provides energy, but contains few nutrients. They should be consumed in moderation.

Activity 7. Now work in pairs and try to match the food below with their groups

<table>
<thead>
<tr>
<th>Group 1</th>
<th>Group 2</th>
<th>Group 3</th>
<th>Group 4</th>
<th>Group 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread, rice, pasta, cereals, sugar and sweets</td>
<td>Meat, fish, poultry, beans, eggs and nuts</td>
<td>Fats and oils</td>
<td>Milk, yogurt and cheese</td>
<td>Fruits and vegetables</td>
</tr>
</tbody>
</table>
Activity 9. Read the following statements and say if they are true or false. Correct and rewrite the false sentences.

**Diet**

- A diet is all the food we eat over a period of time.  
  **True or false:** True
- For good, healthy nutrition, our diet should be complete and balanced.  
  **True or false:** True
- Our diet should be complete so we should eat foods from groups 1 and 2.  
  **True or false:** False
- Our diet should be balanced so we should eat the right amount of each nutrient or of each food type.  
  **True or false:** True
- Diets cannot vary depending on the person’s age and on the quantity and type of physical exercise the person does.  
  **True or false:** False
- When we are children we don’t need a diet rich in calcium to ensure that our bones will be strong and healthy.  
  **True or false:** False
Activity 10. Read and complete the following text using the following words:

**DIET**

A diet is all the **food** we eat over a period of time. For good, healthy nutrition, our diet should be **complete** and balanced.

- Our diet should be complete so we should eat foods from all the **groups**.
- Our diet should be balanced so we should eat the **right** amount of each **nutrient** of each food type.

Diets can vary depending on the person’s age and on the **quantity** and type of physical **exercise** the person does. For example, when we are children we need a diet rich in **calcium** to ensure that our **bones** will be strong and healthy.

Activity 11. Read the following questions and in pairs, choose the right answer

1. A diet is all the food that we eat: **Over a period of time**
2. To have good nutrition, our diet should be: **Complete and balanced**
3. We should eat: **Foods from all the groups**
4. We should eat: **The right amount of each nutrient**
5. Diets: **Can vary**
6. A diet can be different depending on: **The person’s age and the quantity and type of physical exercise that the person does**
7. When we are children we need: **A diet rich in calcium**
Activity 12. Listen to your teacher and try to complete the crossword with the hints that he/she is going to give you

FOOD AND NUTRIENTS

HINTS

Across
2. They are essential for our bodies to function well
4. They are needed by your body for energy and warmth
7. They are nutrients that plants get from the soil and pass on to you

Down
1. They give us energy
3. Our body uses them to grow and repair itself
5. It is a type of carbohydrate found in wholemeal bread, fruits and vegetables
6. It is vital for life
Activity 13. Wordsearch. Look for the following words related to food and nutrients

FOOD AND NUTRIENTS

Activity 14. Read the following text carefully and then say if the statements are true or false

The Digestive System

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Digestion takes about three days</td>
<td>True</td>
</tr>
<tr>
<td>2. Digestion begins in the anus</td>
<td>False</td>
</tr>
<tr>
<td>3. Food travels through the mouth, pharynx, esophagus, stomach and small intestine</td>
<td>True</td>
</tr>
<tr>
<td>4. Gastric juices digest fats and carbohydrates</td>
<td>False</td>
</tr>
<tr>
<td>5. Juices from the pancreas and the liver break down fats, proteins and carbohydrates</td>
<td>True</td>
</tr>
<tr>
<td>6. Chyme is a thick liquid made up of chewed food and gastric juices</td>
<td>True</td>
</tr>
<tr>
<td>7. Absorption is when waste substances pass into the blood</td>
<td>False</td>
</tr>
<tr>
<td>8. Waste substances pass into the large intestine</td>
<td>True</td>
</tr>
<tr>
<td>9. Solid waste is called colon</td>
<td>False</td>
</tr>
<tr>
<td>10. Solid waste is called faeces</td>
<td>True</td>
</tr>
<tr>
<td>11. Faeces are expelled through the anus</td>
<td>True</td>
</tr>
</tbody>
</table>
Activity 16. Listen to the following sentences about the digestive process and number them in order

1. First, food is chewed in the mouth and mixed with saliva produced by the salivary glands.
2. Your throat muscles guide food through the pharynx and esophagus, and passes it into the stomach.
3. In the stomach, gastric juices mix with the chewed food.
4. The food moves into a tube called the small intestine.
5. The nutrients from the food travel into the blood through the thin walls of the small intestine.
6. The waste substances continue on to the large intestine.
7. Water and any food that cannot be digested, moves into the first part of your large intestine, called the colon.
8. The waste substances pass into the second part of your large intestine, called the rectum.
9. When you go to the toilet, the solid waste, called faeces, is expelled through the anus.

Activity 18. Match the organs with their functions

<table>
<thead>
<tr>
<th>Mouth</th>
<th>It produces pancreatic juices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salivary glands</td>
<td>Its juices break down fats, proteins and carbohydrates</td>
</tr>
<tr>
<td>Esophagus</td>
<td>The faeces are expelled through it</td>
</tr>
<tr>
<td>Stomach</td>
<td>Your throat muscles guide food through it</td>
</tr>
<tr>
<td>Liver</td>
<td>Food is chewed here</td>
</tr>
<tr>
<td>Pancreas</td>
<td>The nutrients from the food travel into the blood through the thin walls of this organ</td>
</tr>
<tr>
<td>Small intestine</td>
<td>It is the first part of the large intestine</td>
</tr>
<tr>
<td>Large intestine</td>
<td>They produce saliva</td>
</tr>
<tr>
<td>Colon</td>
<td>It is the second part of the large intestine</td>
</tr>
<tr>
<td>Rectum</td>
<td>The waste substances go there</td>
</tr>
<tr>
<td>Anus</td>
<td>The gastric juices mix with the chewed food in this organ</td>
</tr>
</tbody>
</table>
Activity 19. Order this process related to digesting a banana.

4. After that, the banana is mixed with gastric juices in my stomach.
6. And the waste substances go to the large intestine.
3. The chewed banana goes down through the esophagus.
5. Then, the food goes to the small intestine.
7. The waste substances go to the colon and the rectum.
2. Then, the banana is mixed with saliva.
8. Finally, the faeces are expelled through the anus.
1. First, I chew the banana in my mouth.

Activity 20. Listen and fill in the blanks.

Here are some tips on how to keep your digestive system healthy:

1. Keep your teeth clean. You must brush your teeth after every meal.
2. Avoid eating too many sweets and visit the dentist every six months.
3. Limit energy intake from total fats. Fats are high in energy and low in nutrition.
4. Increase consumption of fruits, vegetables, whole grains and nuts.
5. Limit the intake of simple sugars.
6. Eat the right amount of each nutrient.
7. Eat foods from all the groups.
8. Eat enough fibre. You can find fibre in fruits, vegetables and wholemeal bread.
Activity 22. Build a food pyramid using the following types of food and prepare a presentation talking about the food in each group.