

## SECTION 5 - BASICS OF NUTRITION

### Activity Sheet 3—Missing words

All nutrients have important roles in the body. Here are some statements about them. The problem is, words are missing. Complete the sentences using the words in the table at the bottom of the page.

1. \_\_\_\_\_ helps build healthy bones and teeth.
2. A lack of \_\_\_\_\_ may result in anaemia.
3. Vitamins A,D,E and K are \_\_\_\_\_ soluble vitamins.
4. \_\_\_\_\_ is required for the growth and repair of tissue.
5. Too much \_\_\_\_\_ \_\_\_\_\_ can cause coronary heart disease.
6. Oily fish is a good source of \_\_\_\_\_ \_\_\_\_\_.
7. Poly-unsaturated and mono-unsaturated fats can help to reduce \_\_\_\_\_.
8. \_\_\_\_\_ \_\_\_\_\_ helps fight infections and heal wounds.
9. Too much \_\_\_\_\_ in the diet can lead to high blood pressure.

vitamin C	fat	protein
calcium	Omega 3	iron
saturated fat	sodium	cholesterol

## SECTION 5 - BASICS OF NUTRITION

### ANSWERS—Activity Sheet 3

All nutrients have important roles in the body. Here are some statements about them. The problem is, words are missing. Complete the sentences using the words in the table at the bottom of the page.

1. **Calcium** helps build healthy bones and teeth.
2. A lack of **iron** may result in anaemia.
3. Vitamins A,D,E and K are **fat** soluble vitamins.
4. **Protein** is required for the growth and repair of tissue.
5. Too much **saturated fat** can cause coronary heart disease.
6. Oily fish is a good source of **Omega 3** .
7. Poly-unsaturated and mono-unsaturated fats can help to reduce **cholesterol** .
8. **Vitamin C** helps fight infections and heal wounds.
9. Too much **sodium** in the diet can lead to high blood pressure.

vitamin C	fat	protein
calcium	Omega 3	iron
saturated fat	sodium	cholesterol