



Making use of personal experiences and knowledge

Unit 16 Magazine article STEAM

Olivia is reading a magazine article about nutrients. Read the magazine article.

Food Nutrients that You Need to Know

There is a saying: ‘you are what you eat’. This means if you want to be healthy, you have to eat healthy food. The World Health Organisation lists six **essential** nutrients that humans cannot live without. Let’s take a look at these **crucial** nutrients!

Vitamins

There are mainly six types of vitamins, ranging from vitamins A to E and K. They are important to our immune system and blood flow. Vegetables and fruit are rich in vitamins A, C and K. Meat contains vitamins B and D. Nuts are rich in vitamin E.

Minerals

There are different types of minerals, such as calcium and iron. They help keep our skin, hair and nails healthy, **strengthen** our bones and balance the amount of water in our body. We can gain calcium through milk and other dairy products, and iron through greens like spinach.

Carbohydrates

Carbohydrates become starch or sugar after entering our body. They are crucial as they give us energy for performing daily tasks. Rice, noodles, bread and grains are good sources of carbohydrates. They should make up a large percentage of our daily food intake.

Fats

Fats sound like a bad thing, but in fact there are ‘good’ and ‘bad’ fats in food. As long as we are taking in ‘good’ fats, such as the fats in nuts and fish, they can help our body build new cells and reduce the chance of getting heart disease.

Protein

Protein ensures the growth and development of muscles. Apart from meat, eggs and dairy products, vegetarian food like tofu, beans and seeds are also rich in protein.

Water

Water is extremely important for humans as more than 60% of our body is water. Water **hydrates** us, breaks down the food we eat — in other words, allows our body to absorb nutrients easily, and removes waste from our body.



10 mins

DATE

Choose the best answers by blackening the circles.

1. In the first paragraph, the word '**essential**' means '_____'.
 A. healthy and common B. very important and necessary
 C. good and special D. bad and uncommon



2. According to the magazine article, which nutrients is cheese rich in? (Choose more than one answer.)
 A. carbohydrates B. minerals C. protein D. fats
3. Which of the following is TRUE according to the magazine article?
 A. Chicken wings are rich in carbohydrates.
 B. Carbohydrates provide our body with energy.
 C. Water is useful for building muscles.
 D. We can find vitamin D in nuts.



Q3: Find out the nutritional values of different food.

READING

Complete the answers.

4. How are 'good' fats good for our body?

They help _____.

5. What does water do to our body? Give TWO examples.

It _____

Match the pictures to the words. Write the correct letters in the boxes.

Food	Nutrients
6.	vitamin C
7.	iron
8.	carbohydrates
9.	protein



Food A



Food B



Food C



Food D