

11 Health and Nutrition

(Match the phrases below:

- | | |
|----------------|--|
| 1. health | ii. choices of taking food and using it for growth and good health |
| 2. nutrition | iii. all the things you eat and drink |
| 3. nutrients | iv. single portion of food or drink |
| 4. diet | v. state of balanced, cleaned and social well-being |
| 5. calories | vi. foods that are necessary for life |
| 6. ingredients | vii. units that measure energy in food |
| 7. serving | viii. list of foods that make up a recipe |

11 Health and Nutrition

(Match the phrases below:

- | | |
|----------------|--|
| 1. health | ii. choices of taking food and using it for growth and good health |
| 2. nutrition | iii. all the things you eat and drink |
| 3. nutrients | iv. single portion of food or drink |
| 4. diet | v. state of balanced, cleaned and social well-being |
| 5. calories | vi. foods that are necessary for life |
| 6. ingredients | vii. units that measure energy in food |
| 7. serving | viii. list of foods that make up a recipe |