

Nutrients

Read the text on pages 18 and 19 in the pupil's book thoroughly.
Which expressions are correct and which are incorrect? Tick the correct ones.
Put the incorrect expressions right.

Proteins, carbohydrates and fats are three types of nutrients.

Fats are important for growth and repair.

Proteins are made of twenty subunits. They are called fatty acids.

Carbohydrates, like glucose, are important to obtain energy.

Unsaturated fatty acids are healthier than saturated fatty acids.

Vitamins are substances that are essential for the functioning of the body.

Vocabulary box

nutrients ... Nährstoffe

carbohydrates ... Kohlenhydrate

fats ... Fette

proteins ... Eiweiß, Proteine

subunits ... Bausteine, Teile

fatty acids ... Fettsäuren

amino acids ... Aminosäuren

glucose ... Traubenzucker, Glucose

unsaturated fatty acids ... ungesättigte Fettsäuren

saturated fatty acids ... gesättigte Fettsäuren

substances ... Stoffe