

Units 7-9: Science – Nutrition

Do you know about the nutrients in typical foods in your country?
Do the webquest and find out.

- 1 Use the Internet to find the information to fill in the table about typical foods in your country.

A dish rich in starch	
A dish rich in sugar	
A dish rich in protein	
A dish rich in fiber	
A dish rich in vitamins	
A dish rich in minerals	
A dish rich in fat	

- 2 Write the ingredients of a typical dish rich in starch.

- 3 Write the ingredients of a typical dish rich in protein.

- 4 Write the ingredients of a typical dish rich in vitamins and fiber.

- 5 **PROJECT:** Make a poster of a healthy meal with typical dishes from your country. Use photos and write the ingredients under each photo. Show it to your parents and explain to them why it is healthy.