**WORKSHEET 1**

**Nutrients**

**WORKSHEET 1**

**Nutrients**

macronutrients

micronutrients

carbohydrates

lipids

proteins

water

minerals

vitamins

fibre

**WORKSHEET 2**

**Specifythenutritionalvalues ​​for thefollowingproducts.**

**Fruit 1 Fruit 2**

**- protein - protein**

**- lipids - lipids**

**-carbohydrates - carbohydrates**

**- minerals - minerals**

**- vitamins - vitamins**

**- fiber - fiber**

**Vegetable 1 Vegetable 2**

**- protein - protein**

**- lipids - lipids**

**-carbohydrates - carbohydrates**

**- minerals - minerals**

**- vitamins - vitamins**

**- fiber - fiber**

**WORKSHEET 3**

***Menu 1***

**1. Starter**

**Vegetablesoup**

**2. Main course**

**Grilled chicken and green pods**

**3. Dessert - Fruit salad and ice cream**

***Menu 2***

**1. Main course**

**Pork steak and fried potatoes**

**2. Dessert**

**Chocolate cake**