

1. Read the text. Match the sentences with the food categories.

- a) It's the body's reserve tank of energy.
- b) It repairs and renews your muscles and organs.
- c) They give energy to all cells in your body.
- d) It carries nutrients to all your parts of the body.

1. water

2. protein

3. fat

4. carbohydrates

2. Read again. Fill in the food categories chart with the food mentioned in the text.

PROTEIN	CARBOHYDRATES	FAT	WATER