

<https://view.genial.ly/658b3b172e5a3500143d7d2a/horizontal-infographic-review-organic-nutrients-the-food-wheel>

1.- ORGANIC NUTRIENTS: WHAT ARE THEY? WHAT DO THEY DO?

Organic nutrients are biomolecules found in food from organic sources and we classify them into four main groups. Can you match the information to the correct group?

ENERGY PROVIDERS

CARBOHYDRATES
1 _____

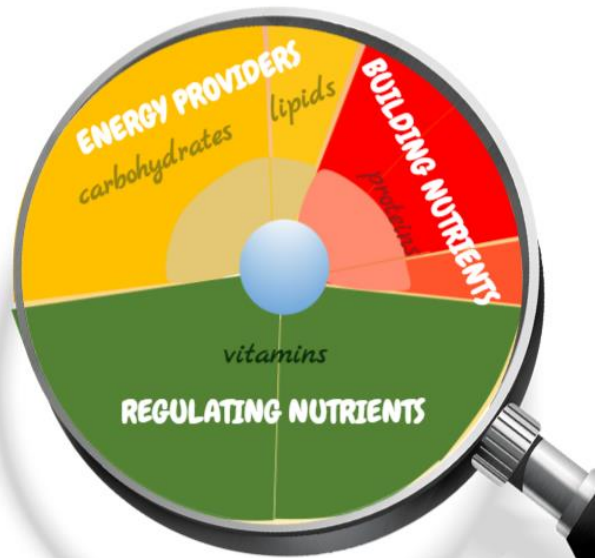
LIPIDS (fats & oils)

BUILDING NUTRIENTS

PROTEINS

REGULATING NUTRIENTS

VITAMINS



- 1. are fuel for our cells
- 2. ADIPOSITES are the cells that store the excess of energy
- 3. are part of many tissues & organs
- 4. help in many organic processes
- 5. carry oxygen in the blood
- 6. are an energy reserve
- 7. ADIPOSE TISSUE protects your organs and shapes your body
- 8. defend the body
- 9. are important for growth
- 10. are stored in the muscles & the liver

2.- THE FOOD WHEEL: COMPOSITION AND SOURCE OF FOOD GROUPS.

The food wheel classifies food into 6 groups by composition and origin. Look at the wheel and write the information in the correct place.

COMPOSITION

carbohydrates

lipids

proteins

vitamins & minerals

SOURCE

meats , fish , eggs

vegetables

potatoes, cereals, sugar

fruits

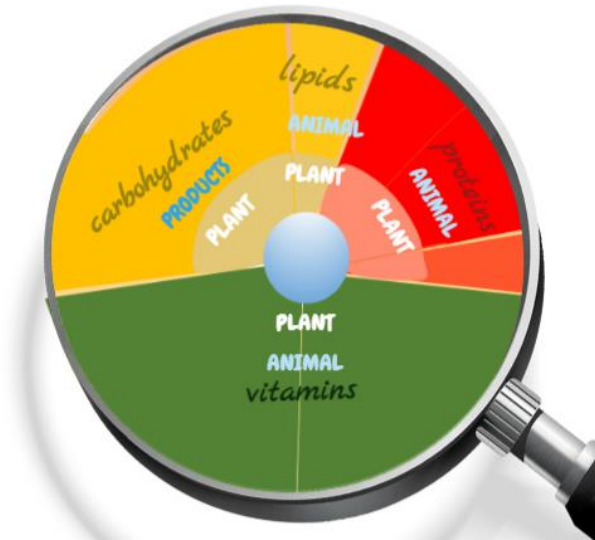
oil, butter

dairy products

	GROUP 1	
COMPOSITION		SOURCE
	GROUP 2	
COMPOSITION		SOURCE
	GROUP 3	
COMPOSITION		SOURCE
	GROUP 4	
COMPOSITION		SOURCE
	GROUP 5	
COMPOSITION		SOURCE
	GROUP 6	
COMPOSITION		SOURCE

3.- WHERE DO ORGANIC NUTRIENTS COME FROM?

Food can come from plant sources or animal sources. Put the different foods in the correct place.



CARBOHYDRATES

1. PLANT :
2. PRODUCTS :

sugar and flour

vegetable oils, nuts

LIPIDS (fats & oils)

3. PLANT :
4. ANIMAL :

fish, meat, milk. eggs

PROTEINS

5. PLANT :
6. ANIMAL :

fruit , cereals, potatoes

legumes, cereals

VITAMINS

7. PLANT :
8. ANIMAL :

fruit, vegetables, nuts, cereals

butter, bacon

milk, eggs, fish oil

4.- THE FOOD WHEEL

Place each image in the correct group. How many foods can you name in each group?

The food wheel is divided into 10 segments, each with a different color and a handwritten label:

- Group 1 (Yellow):** A large yellow segment at the top left.
- Group 2 (Light Yellow):** A small light yellow segment at the top.
- Group 3 (Red):** A red segment at the top right.
- Group 4 (Orange):** A small orange segment on the right.
- Group 5 (Light Green):** A small light green segment on the right.
- Group 6 (Green):** A large green segment at the bottom right.
- Group 7 (Dark Green):** A large dark green segment at the bottom.
- Group 8 (Light Green):** A small light green segment at the bottom left.
- Group 9 (Light Green):** A small light green segment on the left.
- Group 10 (Light Green):** A small light green segment on the left.

Numbered food images for classification:

- 1:** Assorted fruits (banana, oranges, watermelon, grapes, apples, peaches).
- 2:** Butter on a knife.
- 3:** Sausages and meat.
- 4:** Oil in a bowl.
- 5:** Milk, cheese, and yogurt.
- 6:** Grains and a roasted chicken.
- 7:** Assorted vegetables (broccoli, eggplant, peppers, radishes).
- 8:** Potatoes, bread, and a bowl of grains.
- 9:** Eggs and a fish.
- 10:** Croissant, muffins, and donuts.

5.- THE FOOD WHEEL

Which composition has each food group? Which foods belong to which group?

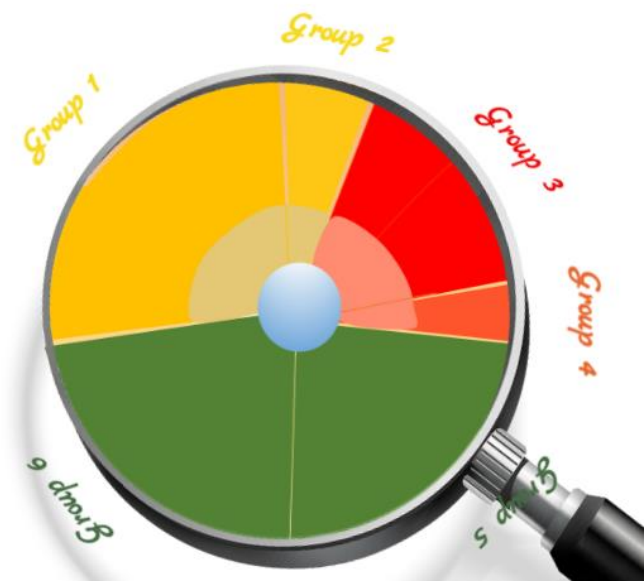
COMPOSITION

- PROTEINS**
- LIPIDS**
- CARBOHYDRATES**
- VITAMINS & MINERALS**

FOODS

- watermelon, apricot, grapes, peach, nuts
- olive oil, butter
- milk, cheese, yoghurt
- potatoes, bread, pasta, legumes, cupcakes
- chicken, eggs, tuna, sausages, legumes
- pepper, lettuce, zucchini, aubergine, cauliflower

COMPOSITION	GROUP 1	FOODS
_____	_____	_____
COMPOSITION	GROUP 2	FOODS
_____	_____	_____
COMPOSITION	GROUP 3	FOODS
_____	_____	_____
COMPOSITION	GROUP 4	FOODS
_____	_____	_____
COMPOSITION	GROUP 5	FOODS
_____	_____	_____
COMPOSITION	GROUP 6	FOODS
_____	_____	_____



6.- THE FOOD WHEEL: FOODS AND THEIR FUNCTIONS

Write the information in the boxes under the correct heading.

GROUPS 1 & 2 - CARBOHYDRATES & LIPIDS

- 1.
- 2.
- 3.

GROUPS 3 & 4 - PROTEINS

- 1.
- 2.
- 3.
- 4.

GROUPS 5 & 6 – VITAMINS AND MINERALS

- 1.
- 2.
- 3.



provide substances to regulate other food

provide structure for cells, tissues and organs

build body structures

enable the body to carry out its functions

provide energy that we can use immediately

produce energy

are body regulators

enable repair of damaged tissues

provide energy that we can use later

enable growth

ANSWER KEY

1.- ORGANIC NUTRIENTS: WHAT ARE THEY? WHAT DO THEY DO?

ENERGY PROVIDERS - CARBOHYDRATES

1. are fuel for our cells
2. are an energy reserve
3. are stored in the muscles & the liver

LIPIDS (fats & oils)

4. ADIPOSITES are the cells that store the excess of energy
5. ADIPOSE TISSUE protects your organs and shapes your body

BUILDING NUTRIENTS - PROTEINS

6. are part of many tissues & organs
7. defend the body
8. carry oxygen in the blood

REGULATING NUTRIENTS - VITAMINS

9. help in many organic processes
10. are important for growth

2.- WHERE DO ORGANIC NUTRIENTS COME FROM?

CARBOHYDRATES

1. PLANT : fruit , cereals, potatoes
2. PRODUCTS : SUGAR AND FLOUR

LIPIDS (fats & oils)

3. PLANT : vegetable oils, nuts
4. ANIMAL : butter, bacon

PROTEINS

5. PLANT : legumes, cereals
6. ANIMAL : fish, meat, milk. eggs

VITAMINS

7. PLANT : fruit, vegetables, nuts, cereals
8. ANIMAL : milk, eggs, fish oil

3.- THE FOOD WHEEL: COMPOSITION AND SOURCE OF FOOD GROUPS

COMPOSITION

GROUP 1 : CARBOHYDRATES

GROUP 2 : LIPIDS

GROUPS 3 & 4 : PROTEINS

GROUPS 5 & 6: VITAMINS & MINERALS

SOURCE

1. POTATOES CEREALS SUGAR

2. OILS BUTTER

3. MEATS FISH EGGS

4. DAIRY PRODUCTS

5. VEGETABLES

6. FRUITS

4.- THE FOOD WHEEL



5.- THE FOOD WHEEL

Which composition has each food group? Which foods belong to which group?

GROUP 1 : CARBOHYDRATES : potatoes, bread, pasta, legumes, cupcakes

GROUP 2 : LIPIDS : olive oil, butter

GROUP 3 : PROTEINS : chicken, eggs, tuna, sausages, legumes

GROUP 4 : PROTEINS : milk, cheese, yoghurt

GROUP 5: VITAMINS & MINERALS : pepper, lettuce, zucchini, aubergine, cauliflower

GROUP 6: VITAMINS & MINERALS : watermelon, apricot, grapes, peach, nuts

6.- THE FOOD WHEEL: FOODS AND THEIR FUNCTIONS

Groups 1 & 2 - Carbohydrates & Lipids

produce energy
provide energy that we can use immediately
provide energy that we can use later

Groups 3 & 4 - Proteins

build body structures
provide structure for cells, tissues and organs
enable growth
enable repair of damaged tissues

Groups 5 & 6 - Vitamins and minerals

are body regulators
provide substances to regulate other food
enable the body to carry out its functions