

NUTRITION
CLIL Unit 2023/24
IES Vega de Atarfe

**ORGANIC
NUTRIENTS**
**FOODS &
THEIR FUNCTIONS**



**Groups 1 & 2 -
CARBS & LIPIDS**

produce energy

**Groups 1 & 2 -
CARBS & LIPIDS**

provide energy that we can
use immediately

**Groups 1 & 2 -
CARBS & LIPIDS**

provide energy that we can
use later

**Groups 3 & 4 -
PROTEINS**

build body structures

**Groups 3 & 4 -
PROTEINS**

provide structure for cells,
tissues and organs

**Groups 3 & 4 -
PROTEINS**

enable growth

**Groups 3 & 4 -
PROTEINS**

enable repair of damaged
tissues

**Groups 5 & 6 -
VITAMINS & MINERALS**

are body regulators

**Groups 5 & 6 -
VITAMINS & MINERALS**

provide substances to
regulate other food

**Groups 5 & 6 -
VITAMINS & MINERALS**

enable the body to carry out
its functions

<https://blogsaverroes.juntadeandalucia.es/vegabilinguisimo/unidades-clil/nutrition/>

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