**Jumbled Text**

**Example from Science (5th form/ B2+ level)**

**A**

1. The seven groups of substances vital for life are called **nutrients.**
2. **Proteins** are the building blocks of almost everything in your body.
3. The fats in your food consist of 3 **fatty acids** which are attached to a molecule of **glycerol.**
4. There are fats with **saturated** and **unsaturated fatty acids.**
5. **Starch** is a carbohydrate, a long chain of **glucose** molecules.
6. **Starch** is a polysaccharide.
7. Your body can convert the energy for its needs.
8. **Vitamins** have a variety of functions and are required in small amounts.

B

1. **Nutrients** include **carbohydrates, fats, proteins, vitamins, fibre, water** and **minerals.**
2. These building blocks are long chains of 20 **amino acids.**
3. During digestion the **bonds** between the 3 fatty acids and the **glycerol** are cut.
4. Foods rich in **unsaturated fatty acids** are healthier.
5. **Glucose** is a monosaccharide.
6. **Maltose** is a disaccharide.
7. **Minerals** include iron, magnesium, iodine, and calcium.
8. **Fibre,** which is present in vegetables and fruits, is not digested and is the “cleaning agent”

for our gut.