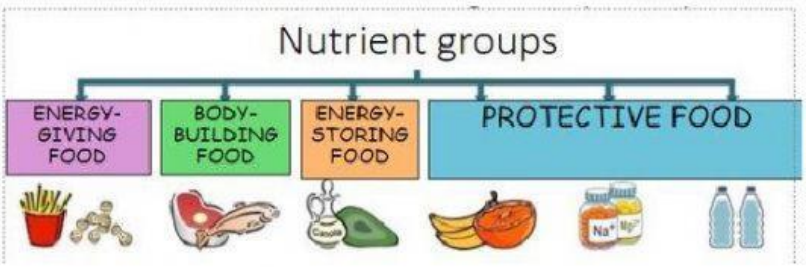

Match the foods found in this meal to the correct nutrient group:

Chicken	Protective foods
Rice	Energy-giving foods
Vegatables	Body-building foods

<u>True or False? Type T or F in the box.</u>

This is a balanced meal.

Protective foods give us energy to do play and work.

We need to drink water to stay healthy.

Meat and eggs are protective foods.

A balanced diet means we should eat a variety of foods.

Protein and vitamins are examples of nutrients.

LIVEWORKSHEETS