③ Choose a word from the box to complete each sentence.

grains nutrition fat vegetables food groups meat
oils beans exercise lifestyle

1. Mr. Stein is here to talk about _____.
2. If you eat brown rice and whole-wheat bread, you will be eating the healthiest _____.
3. If you want to have lots of energy, you need to eat _____.
4. Milk and cheese are great for your bones, but they also have _____.
5. Some _____ are good because they help your body absorb nutrients from fruits and vegetables.
6. Good nutrition and _____ work together to make you strong and healthy.



LIVEWORKSHEETS