

1. The nutrient that comes from bread is _____.
2. We get _____ from fruits.
3. Foods such as lettuce and carrots give us _____.
4. _____ comes from butter and oil.
5. If we need protein we must eat from the _____ food group.

Select the correct nutrient for the food items.

| Food items | Nutrients |
|------------|-----------|
| chicken | |
| corn | |
| cucumber | |
| apple | |
| fish | |