Types of food

Fill in the blanks with the words from the box below

Balanced	Energy	Eyes	Minerals	Muscles
Sick	Store	strong	Warm	Water

1. Carbohydrates give the body _____.
2. Proteins help our _____ grow.
3. Fats help the body_____ energy.
4. Fats help to keep the body _____.
5. Vitamins and _____ help the body work properly.
6. Vitamin A is good for our _____.
7. Vitamin C keeps us from getting _____ easily.
8. Calcium helps to build _____ bones and teeth.
9. The main component in our body is _____.
10. To have a _____ diet means to eat a variety of food and to eat in moderation.

Put each food in the correct nutrient group


Bread


Butter


Meat


Orange


Spinach

Carbohydrates	Proteins	Fats	Vitamins	Minerals