

# Science

## Food

Food is anything we eat or drink. We get energy from food. We must eat healthy foods.

Healthy Foods are Go foods, Grow foods and Glow foods.

Complete the sentences with the best word:

Food is anything we \_\_\_\_\_



or \_\_\_\_\_ .



We get \_\_\_\_\_ from food to work and play.



We must eat \_\_\_\_\_ foods so that we can go, grow and glow.

