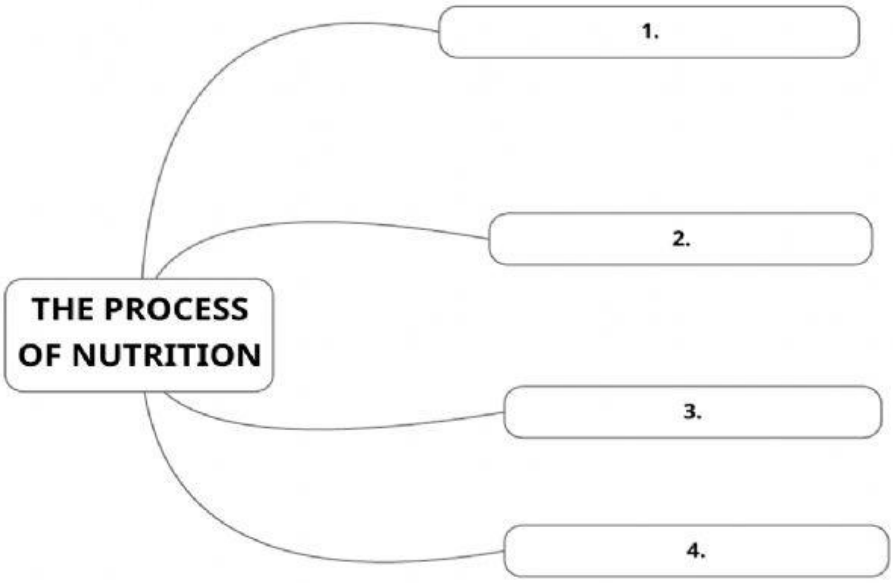
5. The process of nutrition.

We need _____	→	to play, walk and think.
Our body need _____	→	to grow and be healthy.
_____ provides	→	**ENERGY** and **NUTRIENTS.**

ENERGY **NUTRIENTS** **FOOD**



Nutrients travel in our body and give us energy.

We absorb nutrients from the food.

Our body expels waste.

We eat.