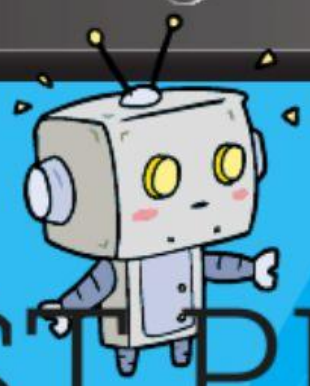

FIRST PIECE!

Choose the correct answer about the process of nutrition:

1. The process of nutrition is the same as eating.
2. Nutrition provides your body with nutrients and energy.
3. Our body needs nutrients to do all kind of activities, such as running, thinking...
4. Our body needs energy to grow and to function well.
5. The energy and the nutrients are obtained from food.
6. Our body expels the waste it doesn't need.
7. Our body absorb the nutrients and they travel through it.
8. We don't need nutrients and energy to live.

LIVEWORKSHEETS