

NUTRITION FACTS EXERCISE

CARBOHYDRATE	FIBRE	CALCIUM
VITAMIN	FAT	PROTEIN

1. Foods like bread, noodles and rice contains _____.
2. We need to take foods with high _____ for strong bones.
3. Chicken, fish, milk and nuts helps to build strong muscles because it has _____.
4. If you want to eat food with lots of _____ and _____, you should eat fruits and vegetables.
5. _____ helps the body to absorb vitamin A, D and E

