

## NUTRITION FACTS EXERCISE

<b>CARBOHYDRATE</b>	<b>FIBRE</b>	<b>CALCIUM</b>
<b>VITAMIN</b>	<b>FAT</b>	<b>PROTEIN</b>

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

