Diet and Nutrition

Grade 4

Physical Education

1. The nutrient that comes from bread is _____.
2. We get _____ from fruits.
3. Foods such as lettuce and carrots give us_____.
4. _____ comes from butter an oil.
5. If we need protein we must eat from the _____ food group.

Select the correct nutrient for the food items.

Food items	Nutrients
chicken	
corn	
cucumber	
apple	
fish	

LIVEWORKSHEETS