

## Nutrition Vocabulary

1. Sugar and starches (grains and some vegetables) are both \_\_\_\_\_
2. \_\_\_\_\_ are the energy we get from food.
3. White rice and bread are \_\_\_\_\_ grains.
4. Meat, beans and yogurt are a good source of \_\_\_\_\_.
5. Brown rice and bread are \_\_\_\_\_ grains.

Word Bank:

Protein   Whole   Refined   Carbohydrates   Calories