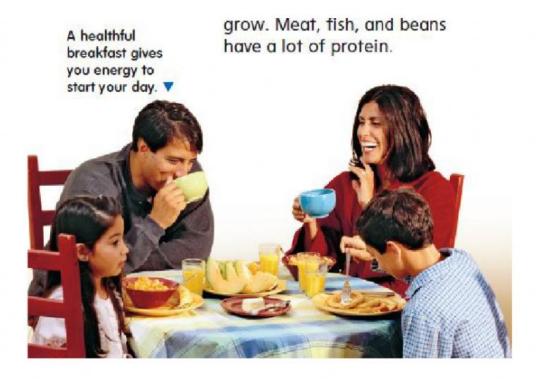
## How does our body use food?

minerals - proteins - potatoes - meat - needed - vitamins - eat - energy - bodies

You need to	food for different reasons. One reason is that						
you need	Bread,	and pasta a	are full of the kind of				
energy that our _	need.						
in	food help the body	grow	, fish and beans				
have a lot of prot	ein.						



and			$_{}$ in food help body p				oarts do their jobs. Our			
bodies	use many	kinds of	vitamins	and	minerals.	. Only	small	amount	s of	
each ki	nd are	·								

## Match:

Bread, potatoes and pasta help body parts do their jobs.

Proteins in food have a lot of protein.

Vitamins and minerals in food are full of the kind of energy

that our bodies need.

Meat fish and beans help the body grow.

You need to eat food because you need energy.

## Choose True or False:

You don't need to eat food to get energy.

Bread potatoes and pasta are the kind of energy that

our bodies need.

You don't need proteins in food to grow.

Only vitamins in food help body parts do their jobs.

Vegetables, fish and beans have a lot of protein.