

5. The process of nutrition.

We need _____ → to play, walk and think.

Our body need _____ → to grow and be healthy.

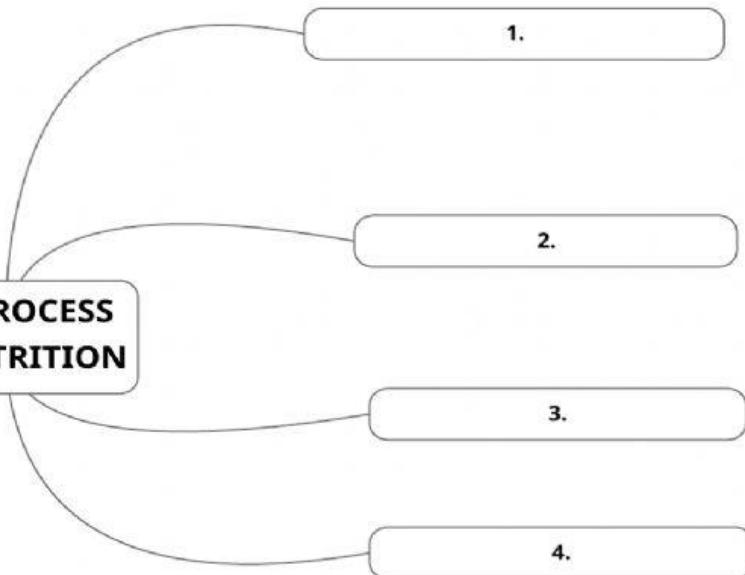
_____ provides → ENERGY and NUTRIENTS.

ENERGY

NUTRIENTS

FOOD

THE PROCESS OF NUTRITION



Nutrients travel in our body and give us energy.

We absorb nutrients from the food.

Our body expels waste.

We eat.