

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

1.

Nutrients travel in our body and
give us energy.

2.

We absorb nutrients from the food.

3.

Our body expels waste.

4.

We eat.