



Biology - Digestion

Why Do We Have to Eat Food?

Answer by true or false.

Statement	True	False
- Carbohydrates like meat give us energy.		
- Proteins like butter and cheese build up our muscles.		
- Fats give us energy, weight and warmth.		
- Fruits and vegetables are a good source of vitamins and minerals.		
- Then, food lets our body function properly.		