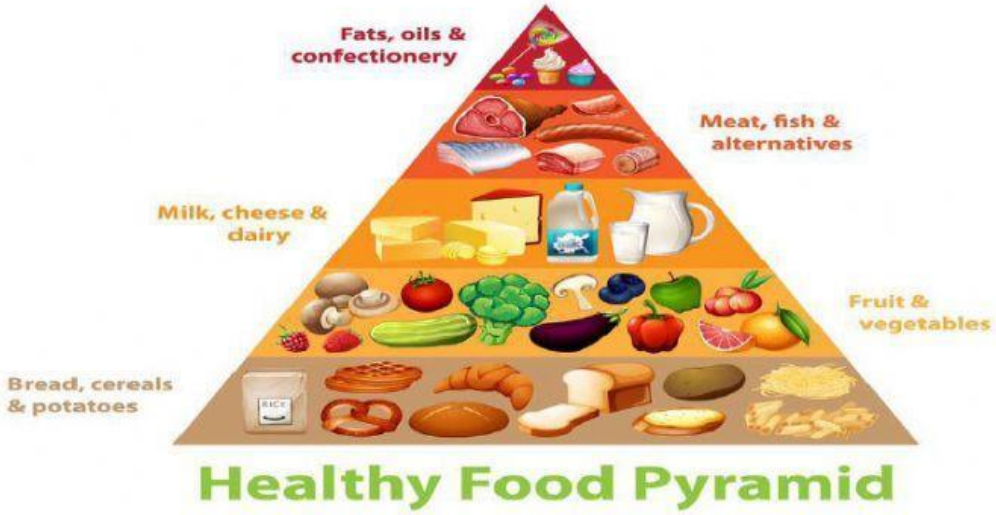
ENGLISH

Name: Class:

Drag the best answer to drop in the blanks.



consists like Besides keep while

It is important to be fit and healthy.

To _____ healthy, we must eat well. A balanced meal _____ of all the main classes of food, _____ proteins, carbohydrates, fats, mineral salts, vitamins and roughage. Proteins protect us from diseases _____ carbohydrates give us energy. _____ eating well, we must also exercise regularly.