

Q. Read the paragraph and answer the questions that follow.

Food

Food is what we eat to give our bodies energy. We need to eat different kinds of food to stay healthy. Some healthy foods include fruits, vegetables, and whole grains. Other healthy foods include protein, such as fish and chicken, and low-fat dairy products. It is important to eat three meals a day and two snacks. We should also drink plenty of water throughout the day.



1. Food is what we eat to give our bodies _____.
2. We need to eat different kinds of food to stay _____.
3. Some healthy foods include _____, _____, and _____.
4. Some foods that have protein include _____ and _____.
5. It is important to eat _____ meals a day.
6. We should drink plenty of _____ throughout the day.