1 Read and write the words.

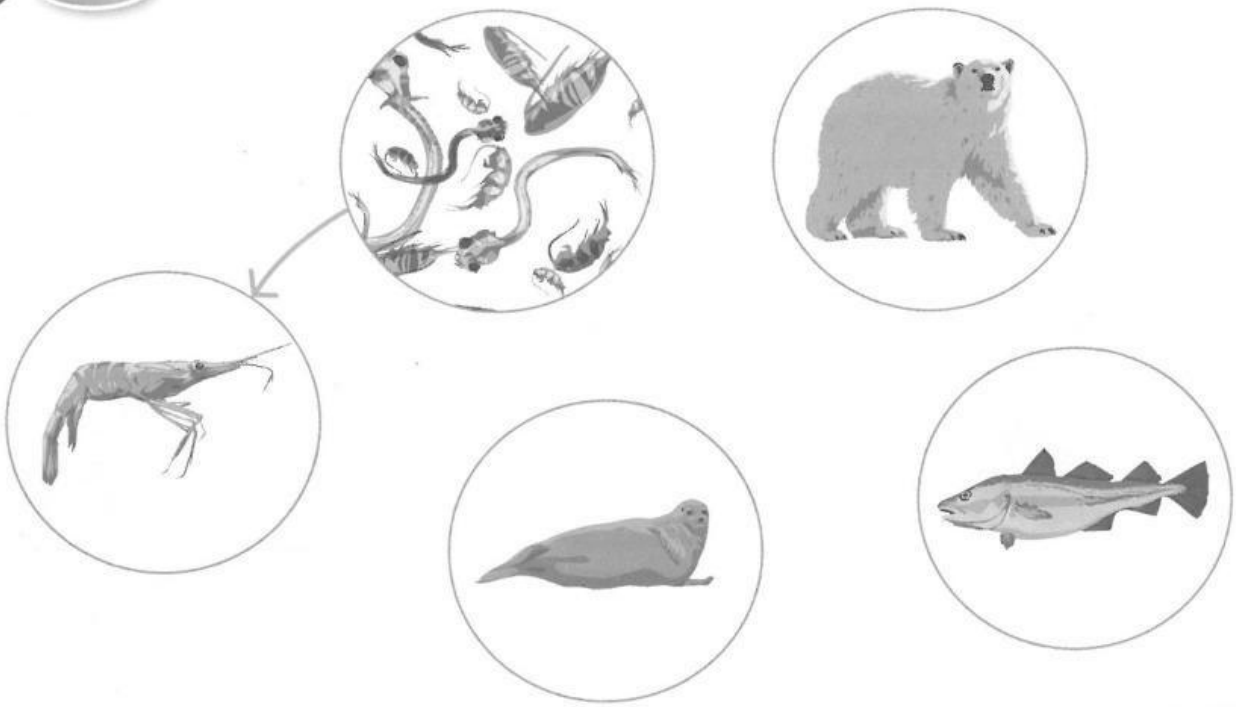
food ~~energy~~ tired different weak energy

1 We need energy to grow, run and play.
2 We get it from the _____ we eat.
3 When we are hungry, we feel _____ and _____.
4 Animals also get _____ from the food they eat.
5 Different animals eat _____ things.

2 Read and write words from Activity 1.

1 This box is too heavy for me. I'm feeling very weak today.
2 Dan never has breakfast. At ten o'clock he is often _____.
3 An apple gives you more _____ than a glass of water.
4 You don't get enough energy from your breakfast? Eat something _____.
5 If you don't eat _____, you die!

3 Think! Draw arrows to make a food chain.



LIVEWORKSHEETS