

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 food we eat.
- 3 When we are hungry, we feel tired and weak.
- 4 Animals also get energy from the food they eat.
- 5 Different animals eat different 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 tired.
- 3 An apple gives you more energy than a glass of water.
- 4 You don't get enough energy from your breakfast? Eat something different.
- 5 If you don't eat food, you die!

3 Think! Draw arrows to make a food chain.

