

Balanced Diet

Grammar and vocabulary

- Drag and drop the word with the corresponding image of the food and complete the sentences on the statements of each one with the words in the box.



Five empty rectangular boxes for writing answers.



A decorative border of various fruits including strawberries, kiwi slices, lemons, oranges, cherries, and pineapples surrounds the text area.

Proteins Dairy products more carbohydrates than

_____ help to grow muscles more than carbohydrates.

_____ are better for teeth and bones than vegetables.

Fruits and vegetables provide more vitamins and minerals _____ carbohydrates.

Carbohydrates give us _____ energy than dairy products.

Fats do not give us as much energy as _____.

