

DRAG AND DROP THE FOLLOWING WORDS IN THE SENTENCES BELOW.

Potassium

Fats

Vitamins

Iron

Carbohydrates

Water

Proteins

Minerals

1. is a mineral found in red meat that helps carry oxygen in your blood.
2. Your body uses to build and repair muscles, tissues, and enzymes.
3. are the body's main source of energy and are found in foods like bread, rice, and fruits.
4. provide a concentrated source of energy and help the body absorb certain vitamins.
5. help support the immune system and are found in various fruits and vegetables.

GOD BLESS!