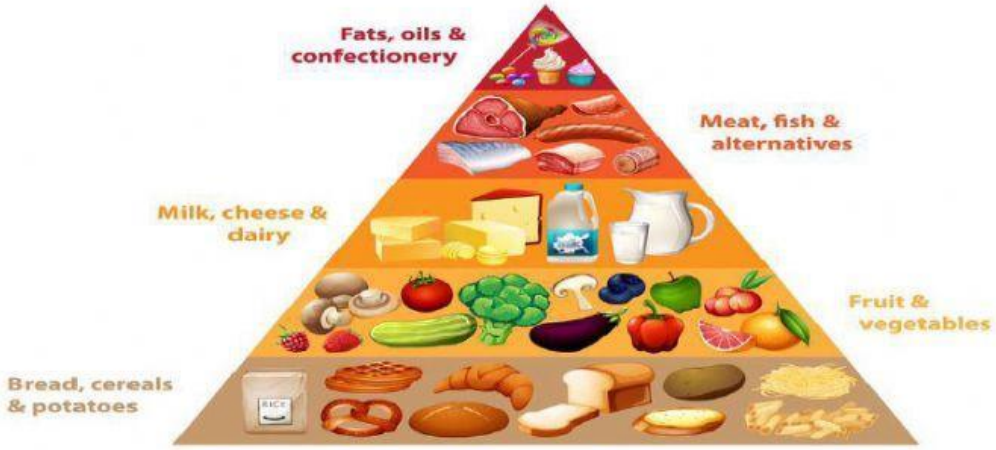
# SCIENCE WORKSHEET

## Fill in the blanks




**Healthy Food Pyramid**

consists like Besides keep while

It is important to be fit and healthy.

To _____ healthy, we must eat well. A balanced meal _____ of all the main classes of food, _____ proteins, carbohydrates, fats, mineral salts, vitamins and roughage. Proteins protect us from diseases _____ carbohydrates give us energy. _____ eating well, we must also exercise regularly.

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