

# SCIENCE WORKSHEET

Fill in the blanks



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.

