

NUTRITION

NAME: _____

1. Which of these actions give us energy? Tick ✓.



drinking water



running

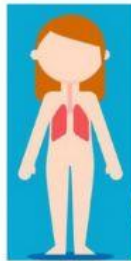


eating



breathing

2. Listen and number.



3. Circle / Choose the correct word in red.

Nutrition / Respiration is the process of obtaining the **food / energy** we need for living.

4. Read and match.

The respiratory system...

The digestive system...

The circulatory system...

The excretory system...

... transforms food into nutrients.

... transports nutrients and oxygen.

... gets oxygen from the air.

... eliminates waste.

5. Order the words to make sentences.

nutrition. Four in systems participate

energy from Our food. gets body

breathe. from but we air the also
