

DIET AND NUTRITION

GRADE 4

PHYSICAL EDUCATION

Place the food group with their function.

Food from animals **Fats and Oils**

Vegetables

Staples

Fruits

Help to prevent some diseases

Regulate the body

This is the first source of energy

Second source of energy

Build muscles and heal cuts and
bruises

1. The nutrient that comes from bread is _____.

2. We get _____ from fruits.

3. Foods such as lettuce and carrots give us _____.

4. _____ comes from butter an oil.

5. If we need protein we must eat from the _____ food group.