

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

1

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