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	

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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.

LIVEWORKSHEETS