

Nutrition Vocabulary

1. Sugar and starches (grains and some vegetables) are both _____.
2. _____ are the energy we get from food.
3. White rice and bread are _____ grains.
4. Meat, beans and yogurt are a good source of _____.
5. Brown rice and bread are _____ grains.

Word Bank:

Protein Whole Refined Carbohydrates Calories