

How does our body use food?

minerals - proteins – potatoes – meat - needed - vitamins - eat
– energy – bodies

You need to _____ food for different reasons. One reason is that you need _____. Bread, _____ and pasta are full of the kind of energy that our _____ need.

_____ in food help the body grow. _____, fish and beans have a lot of protein.

A healthful
breakfast gives
you energy to
start your day. ▼

grow. Meat, fish, and beans have a lot of protein.



_____ and _____ in food help body parts do their jobs. Our bodies use many kinds of vitamins and minerals. Only small amounts of each kind are _____.

Match:

Bread, potatoes and pasta

help body parts do their jobs.

Proteins in food

have a lot of protein.

Vitamins and minerals in food

are full of the kind of energy
that our bodies need.

Meat fish and beans

help the body grow.

You need to eat food

because you need energy.

Choose True or False:

You don't need to eat food to get energy.

Bread potatoes and pasta are the kind of energy that
our bodies need.

You don't need proteins in food to grow.

Only vitamins in food help body parts do their jobs.

Vegetables, fish and beans have a lot of protein.