

Complete the summary using the words in the box (there are extra options):

adequate - animal - classification - diet - drink - energy - food - fruit -
fuel - healthy - important - nutrients - origin - plant

Food Gives Us Energy



_____ is everything we eat and _____. It gives us _____, that's why it is like _____ to our bodies. It also gives us _____ necessary to grow and maintain a healthy body. This is the reason why it is necessary to eat _____ food in _____ quantities.



Food can be classified according to its _____ into two groups: _____ or _____.