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 _____.