

## 5. The process of nutrition.

We need \_\_\_\_\_

to play, walk and think.

Our body need \_\_\_\_\_

to grow and be healthy.

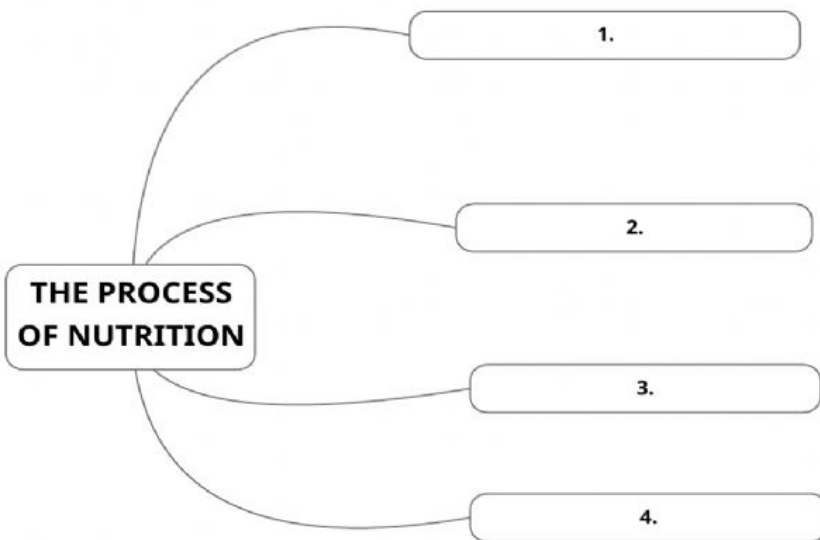
\_\_\_\_\_ provides

**ENERGY and  
NUTRIENTS.**

**ENERGY**

**NUTRIENTS**

**FOOD**



Nutrients travel in our body and give us energy.

We absorb nutrients from the food.

Our body expels waste.

We eat.