

ENGLISH

Name:

Class:

Drag the best answer to drop in the blanks.



## Healthy Food Pyramid

consists

like

Besides

keep

while

It is important to be fit and healthy.

To \_\_\_\_\_ healthy, we must eat well. A balanced meal \_\_\_\_\_ of all the main classes of food, \_\_\_\_\_ proteins, carbohydrates, fats, mineral salts, vitamins and roughage. Proteins protect us from diseases \_\_\_\_\_ carbohydrates give us energy. \_\_\_\_\_ eating well, we must also exercise regularly.

