

Name: \_\_\_\_\_ SCIENCE

# WHAT DOES FOOD GIVE US?

## ENERGY



ENERGY helps us to  
LEARN and PLAY.



## PROTEINS



PROTEINS help us to GROW.



## VITAMINS AND MINERALS



VITAMINS AND MINERALS help us to STAY HEALTHY.



What does food give us?

ENERGY

VITAMINS  
AND  
MINERALS

PROTEINS

