

NAME :

CLASS :

Drag the best answer to drop in the blanks.



eaten

base

repair

energy

diet

cautiously

It is important to be fit and healthy. The food pyramid suggested for a healthy _____. Carbohydrates, which include grains, bread, rice, and pasta are at the _____ of the pyramid. It gives us _____. Fruits and vegetables are located on top of that. It should be _____ in a lot every day. The protein group, which includes fish, meat, poultry, beans, nuts, and seeds are essential for the body's development and _____. Fats, oils, and sugars are located at the top of the food pyramid. They should be consumed _____ due to their high calorie content.