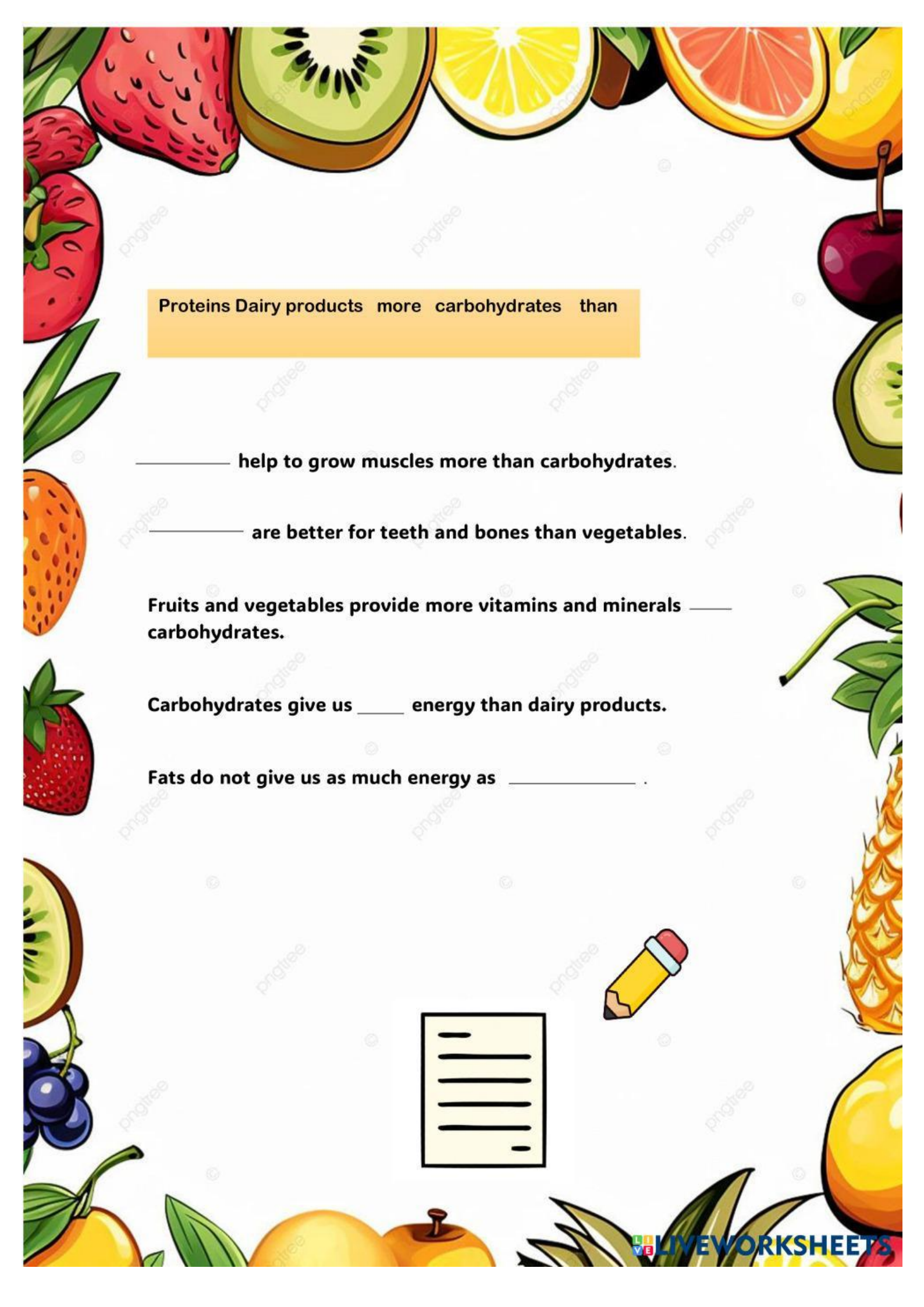


Balanced Diet

Grammar and vocabulary

- Drag and drop the word with the corresponding image of the food and complete the sentences on the statements of each one with the words in the box.



A decorative border of various fruits including strawberries, kiwi slices, lemons, oranges, cherries, and pineapples surrounds the text area.

Proteins Dairy products more carbohydrates than

_____ help to grow muscles more than carbohydrates.

_____ are better for teeth and bones than vegetables.

Fruits and vegetables provide more vitamins and minerals _____ carbohydrates.

Carbohydrates give us _____ energy than dairy products.

Fats do not give us as much energy as _____.

