

Type the correct answer

Milk is a good source of _____ which helps build strong bones and teeth.

Fruits and vegetables are rich in _____ that help protect the body from diseases.

Eggs and meat provide _____ which are important for muscle growth and repair.

Whole grains like brown rice and oats are high in _____ that aid digestion.

Nuts and avocados contain healthy _____ that support brain and heart health.

(calcium, vitamins, protein, fiber, fats)