



Instructions: Drag and drop the correct answer to fill in the gaps.

healthy

vitamins

proteins

dairy

carbohydrates

strong

energy

vegetables

No	Statements
1	Eating right means choosing _____ food every day.
2	Fruit and vegetables give us _____ to stay healthy.
3	Meat and eggs have _____ to help our body grow.
4	Rice and bread give us _____ for _____.
5	Milk is a _____ food that helps our bones grow _____.
6	We should eat more fruit and _____ every day.