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Balanced Diet

Unscramble

What to do:

Unscramble the jumbled up words and use them to complete the sentences.

	<u>Sentence</u>	Word
1.	is needed to keep food flowing smoothly through the digestive system.	hggoarue
2.	Small amounts of are needed for the blood, bones, teeth and nerves.	renmalsi
3.	are found in bread and cereals and provide energy.	athorcydsabre
4.	are found in butter, margarine and oils and are a source of energy.	atfs
5.	is essential for all life.	etraw
6.	are used for body repair and growth.	entipsor
7.	help everything in the body to work properly.	mistavin