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Balanced Diet

Which food?

Protein	Minerals	Water	Fats
Roughage	Carbohydra	te	Vitamins

Which food substance is described by each of the following statements? Choose a substance from the box above.

Statement

	Substance
Essential for all life.	
Helps keep most parts of the body working properly.	
Needed to keep food flowing smoothly through the digestive system	
Found in butter and provides a lot of energy	
Supplied by bread, cereals and pasta	
Needed for body repair and growth	
Small amounts needed for the blood, bones, nerves	

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