**Balanced Diet**

**Unscramble**



**Sentence Word**

1. -------------- is needed to keep food flowing smoothly

 through the digestive system. **hggoarue**

1. Small amounts of -------------- are needed for the blood,

 bones, teeth and nerves. **renmalsi**

1. -------------- are found in bread and cereals and provide

 energy. **athorcydsabre**

1. -------------- are found in butter, margarine and oils and

 are a source of energy. **atfs**

1. -------------- is essential for all life. **etraw**
2. --------------are used for body repair and growth. **entipsor**

**7.** -------------- help everything in the body to work properly. **mistavin**