

Balanced diet



Unscramble

What to do:

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

Sentence

Word

1. ----- is needed to keep food flowing smoothly through the digestive system.
 2. Small amounts of ----- are needed for the blood, bones, teeth and nerves.
 3. ----- are found in bread and cereals and provide energy.
 4. ----- are found in butter, margarine and oils and are a source of energy.
 5. ----- is essential for all life.
 6. -----are used for body repair and growth.
- help everything in the body to work properly.

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