

Balanced diet



Which food?

protein	minerals	water	fats
roughage	carbohydrate	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