



Balanced Diet

Unscramble

What to do:

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

Sentence

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

Word

hggoarue

renmalsi

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atfs

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