

Name: _____ Date: _____

Eating a Balanced Diet

Can you fill in the gaps with these words?

- protein
- calcium
- vitamins
- minerals
- carbohydrate



We need
in our food to give us energy.

Foods which give us energy include:



Some foods provide and
..... which keep our skin
healthy and help us fight colds.

These foods include:



Eating food containing
helps us to grow strong.

Foods for growth include:



To keep our bones and teeth strong we need
.....

Foods which provide this include: