

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Energy and Food

Q1. What kind of nutrients needed?

For growth - \_\_\_\_\_

For physical activity - \_\_\_\_\_

Q2. What is a balanced diet?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Q3. Who are called vegetarians?

\_\_\_\_\_  
\_\_\_\_\_

Q4. Why junk food is not good for health?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Q5. How can we keep our body healthy?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Q6. \_\_\_\_\_ maintains healthy bones and teeth.