

B1

___ is an essential source of nutrition for our bodies.

Answer: _____

___ is a nutrient that provides energy.

Answer: _____

___ are organic compounds that help with growth and repair of the body.

Answer: _____

___ is a type of carbohydrate found in foods like bread and pasta.

Answer: _____

___ is a type of fat found in foods like butter and cheese.

Answer: _____

___ is a type of protein found in foods like meat and poultry.

Answer: _____

___ are substances found in fruits and vegetables that help prevent diseases.

Answer: _____

___ is a food group that includes foods like milk, cheese, and yogurt.

Answer: _____

___ is a food group that includes foods like bread, rice, and pasta.

Answer: _____

___ is a food group that includes foods like meat, fish, and beans.

Answer: _____

Answers

___ is an essential source of nutrition for our bodies.

Answer: Food

___ is a nutrient that provides energy.

Answer: Carbohydrates

___ are organic compounds that help with growth and repair of the body.

Answer: Proteins

___ is a type of carbohydrate found in foods like bread and pasta.

Answer: Starch

___ is a type of fat found in foods like butter and cheese.

Answer: Saturated fat

___ is a type of protein found in foods like meat and poultry.

Answer: Animal protein

___ are substances found in fruits and vegetables that help prevent diseases.

Answer: Antioxidants

___ is a food group that includes foods like milk, cheese, and yogurt.

Answer: Dairy

___ is a food group that includes foods like bread, rice, and pasta.

Answer: Grains

___ is a food group that includes foods like meat, fish, and beans.

Answer: Protein