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What are the health benefits of eating fruits and vegetables?

Answer: _____

What are some common food allergies?

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How does the body benefit from eating protein-rich foods?

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What are the main components of a balanced diet?

Answer: _____

What are some examples of complex carbohydrates?

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How does the body use vitamins and minerals?

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What are some signs of food spoilage?

Answer: _____

What are the factors that contribute to obesity?

Answer: _____

What are some ways to maintain a healthy weight?

Answer: _____

How does the food we eat impact our mood and energy levels?

Answer: _____

Answers

What are the health benefits of eating fruits and vegetables?

Answer: Fruit and vegetables provide essential nutrients and help reduce the risk of chronic diseases.

What are some common food allergies?

Answer: Common food allergies include peanuts, milk, eggs, and shellfish.

How does the body benefit from eating protein-rich foods?

Answer: Protein-rich foods support growth, repair body tissues, and provide energy.

What are the main components of a balanced diet?

Answer: A balanced diet consists of carbohydrates, proteins, fats, vitamins, minerals, and water.

What are some examples of complex carbohydrates?

Answer: Examples of complex carbohydrates include whole grains, legumes, and starchy vegetables.

How does the body use vitamins and minerals?

Answer: Vitamins and minerals are necessary for various bodily functions and maintaining overall health.

What are some signs of food spoilage?

Answer: Signs of food spoilage include foul odor, mold growth, change in texture or color.

What are the factors that contribute to obesity?

Answer: Factors that contribute to obesity include genetics, unhealthy eating habits, sedentary lifestyle, and hormonal imbalances.

What are some ways to maintain a healthy weight?

Answer: Maintaining a healthy weight involves regular exercise, portion control, and balanced eating.

How does the food we eat impact our mood and energy levels?

Answer: The food we eat can affect neurotransmitters and energy production, influencing mood and energy levels.