**Balanced Diet**

**Which food?**

Protein Minerals Water Fats

Roughage Carbohydrate Vitamins

# Which food substance is described by each of the following statements?

# Choose a substance from the box above.

**Statement Substance**

Essential for all life. ……………………..

Helps keep most parts of the body working properly. ……………………..

Needed to keep food flowing smoothly through the

digestive system.. ……………………..

Found in butter and provides a lot of energy ……………………..

Supplied by bread, cereals and pasta ……………………..

Needed for body repair and growth ……………………..

Small amounts needed for the blood, bones, nerves ………………….…