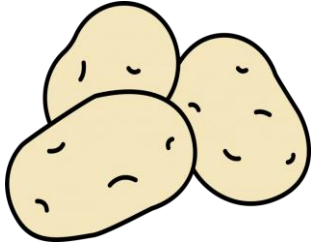




الاسم: لمادة : Science

Food contains many different substances that keep the body fit and healthy:

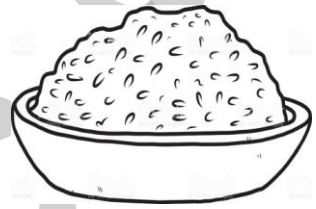
1) Carbohydrates \Rightarrow Give energy to the body .



Potatoes



Bread

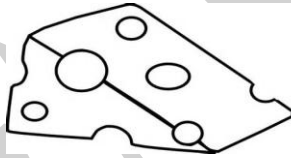


Rice

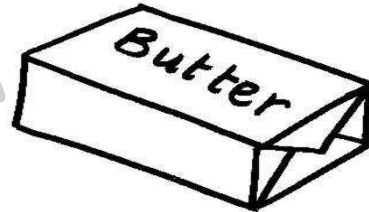
2) Fat \Rightarrow Give energy to the body .



Milk



Cheese

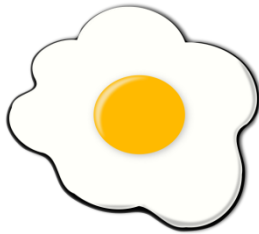


Butter

3) Proteins \Rightarrow Help the body to grow and repair damaged parts .



Meat



Egg

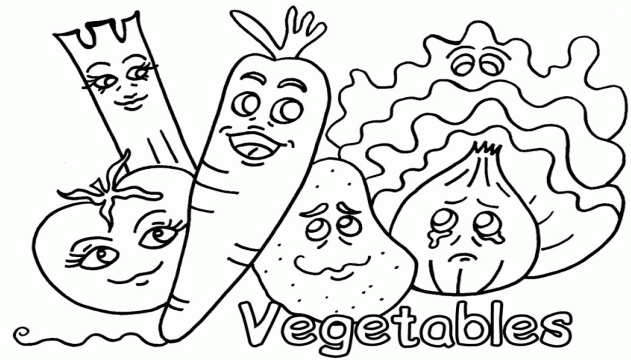
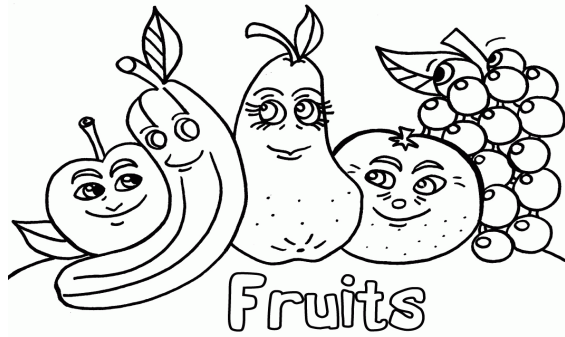


Grains

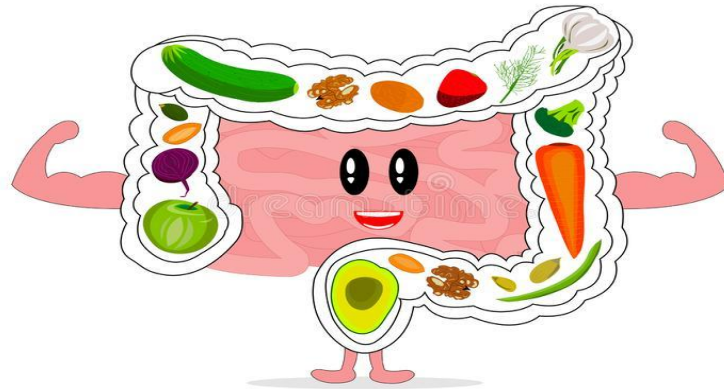


Milk

4) Vitamins and minerals \Rightarrow Keep the body healthy .



5) Fibre \Rightarrow keep the intestines in good working .
Found in (Fruits, vegetables & grains)



6) Water \Rightarrow Helps blood to carry substances around the body.



Balanced Diet: a meal that contains all the food substances in the right amount .