

Food at Work

Fill each blank with just one word.



The food we eat is made up of protein, fats and _____. These three components are used by the body to do just about everything, like breathing, walking, _____ and _____. Protein helps the body to grow, to _____ itself and to build _____. We get protein from meat and meat a_____, as well as from cheese. The _____y that we use to move, work and stay awake comes from carbohydrates. Eating carbohydrates affects the level of _____ in the blood. Most of our carbohydrates come from the _____ food group. We get quick energy from _____ and other _____ things, but the energy does not last long. Energy from bread, cereal and pasta is released more slowly into the body, so it lasts _____. Fats are also an important part of our diet. Canada's Food Guide tells us to eat a _____ amount of _____ fat each day. Fat also gives energy and helps the body stay _____. Children under the age of _____ should drink full-fat milk (3.25%) rather than _____ milk. Animal fats, like _____ and _____ should be eaten less often than fats from plants, like _____ and _____.

Fibre and water are necessary in our diets, even though they contain no _____ or _____. Fibre comes from _____ and it is the part that is not _____ or _____ by the body. Instead it keeps you healthy by controlling the _____ level and by helping to fight _____. Since our bodies are made up of about _____ water, it is important to drink it regularly to replace the water we lose by _____ and _____. You can drink plain water or water in the form of _____ and _____.