

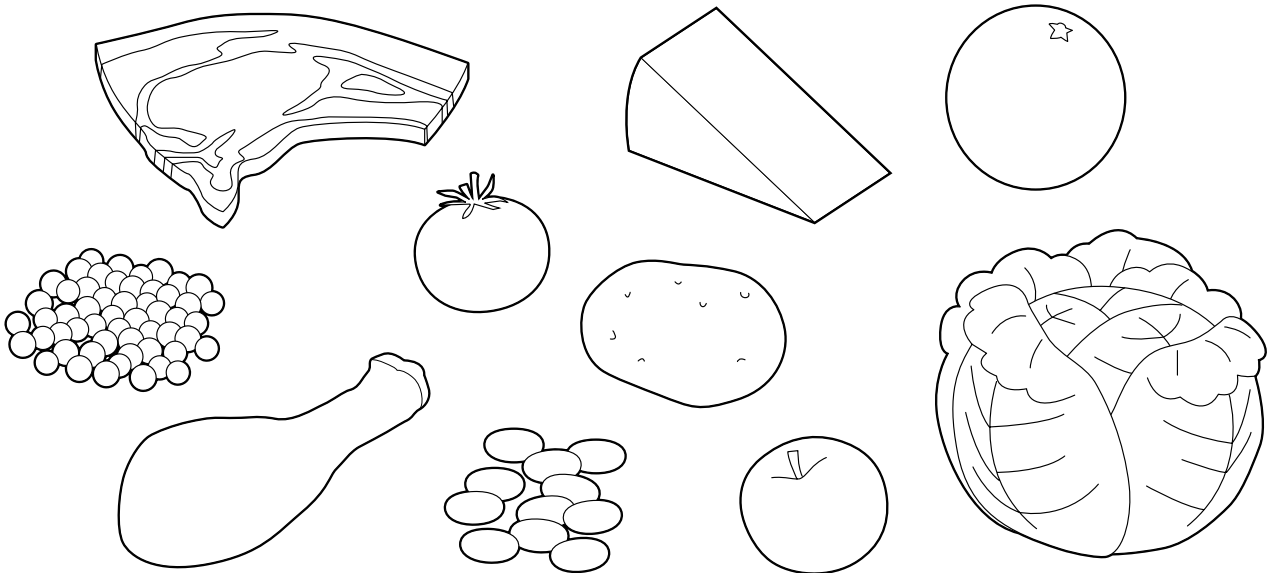


Name: Form:

See pages 14 and 15 of *Food, teeth and eating*

Body-building foods

The body needs certain materials to make its various parts. These materials can be supplied by both animals and plants.



Q1. Look at the picture and shade in the foods that are rich in body-building materials.

Q2. Name two ways in which the body uses body-building materials.



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Q3. What does the body break all food down into?



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Q4. Name two foods from plants which are particularly rich in body-building materials.



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Q5. What is the main body-building substance called?



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Q6. What kind of food does a vegetarian eat?



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