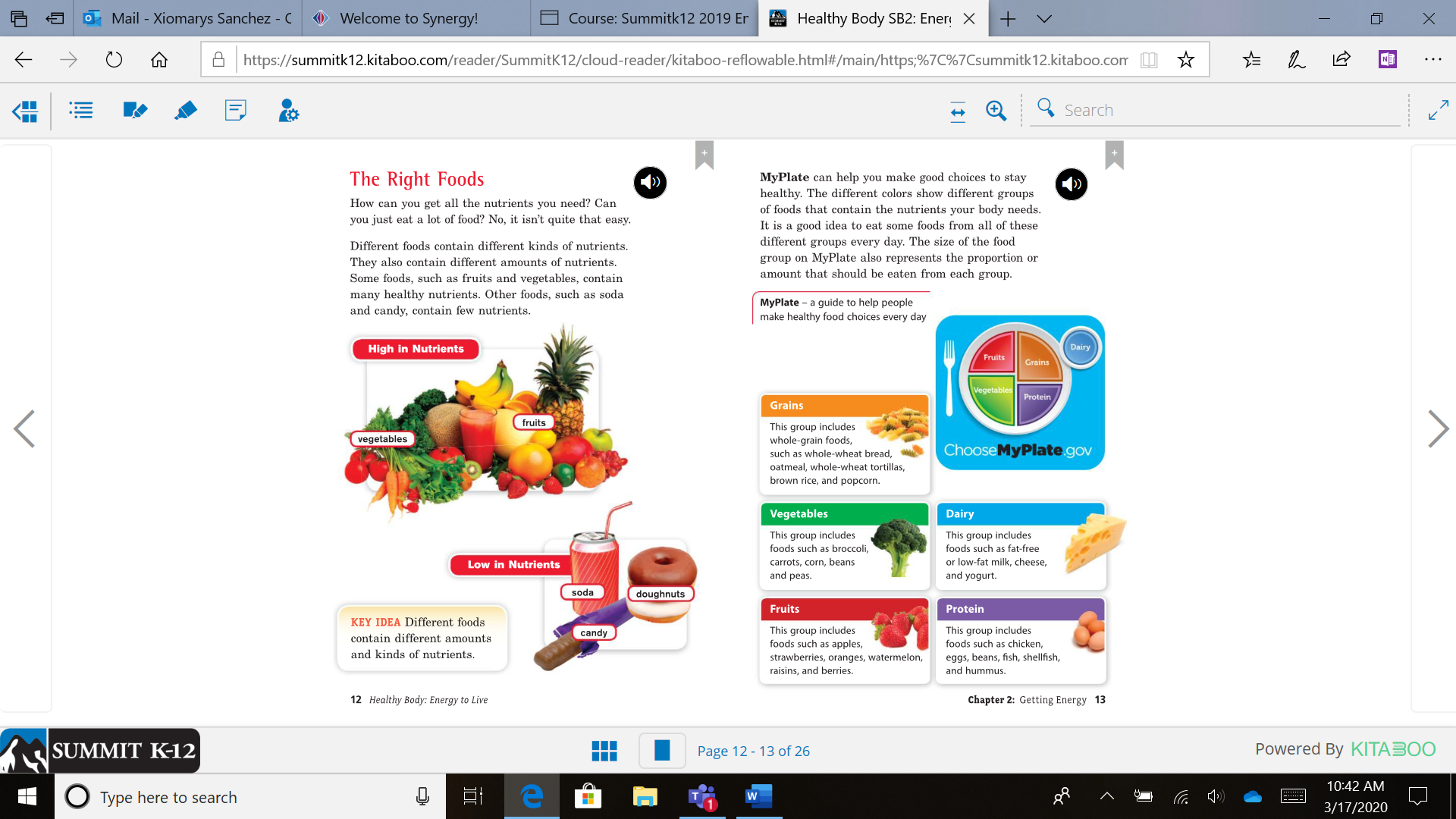
  
Answer the following questions from reading the pages 10 and 11. (Conteste las preguntas 1 y 2 luego de leer las páginas 10 y 11).

1. Nutrients give your body the \_\_\_\_\_\_\_\_\_\_\_\_ and other things that it needs to \_\_\_\_\_\_\_\_\_\_.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ help your body grow. They also help the cells in your \_\_\_\_\_\_\_ do their \_\_\_\_\_\_\_\_\_.



Answer the following questions from reading the pages 12 and 13. (Conteste las preguntas 1 y 2 luego de leer las páginas 12 y 13).

1. Mention at least 3 foods (vegetables and fruits) that are high in nutrients: \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Mention at least two foods from each group of the food pyramid:

**Grains: \_\_\_\_\_, \_\_\_\_\_\_** Dairy: \_\_\_\_\_\_, \_\_\_\_\_ Protein: \_\_\_\_\_\_, \_\_\_\_\_

Vegetables: \_\_\_\_\_, \_\_\_\_\_\_ Fruits: \_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_