

LO: To use scientific vocabulary

Complete the sentences below using the word bank at the bottom of the page.

_____ helps us to build muscle and repair tissue.

_____ is a type of mineral that helps our bones stay strong.

_____ helps our bodies digest food.

_____ help our bodies to grow and stay healthy.

_____ help our eyesight, immune system and heal wounds.

Word bank:

fibre vitamins and minerals vitamins and minerals protein calcium