Name _____

Eating the Rainbow: The Magical Benefits of a Balanced Diet

Short Answer

1. Why is it essential to eat a variety of fruits and vegetables in different colors?

2. Explain the role of carbohydrates in providing energy to the body.

3. Name one protein-rich food that is not from an animal source.

4. How can calcium help prevent osteoporosis?

5. What are some examples of whole grains, and why are they better than refined grains?

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