

Name _____

Eating the Rainbow: The Magical Benefits of a Balanced Diet

Short Answer Key

1. Eating a variety of fruits and vegetables in different colors ensures that you get a wide range of vitamins and minerals essential for good health.
2. Carbohydrates provide energy to the body by being its primary source of fuel.
3. Beans are an example of a protein-rich food that is not from an animal source.
4. Calcium helps prevent osteoporosis by strengthening bones and reducing the risk of fractures.
5. Whole grains, such as whole wheat bread and brown rice, are better than refined grains because they contain fiber, vitamins, and minerals that are stripped away in the refining process.

