

Spelling list: sport nutrition

Foods

carbohydrates	Carbohydrates are the component that provides us with the most energy.
protein	Protein is found in meat, fish and cheese.
fats	Fats are bad for you.
fibre	We need fibre for a healthy diet.
water	We swam in the warm water of the lagoon.
vitamins	Vitamins and minerals are important for growth.
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