

To help you complete this worksheet, use the *What Living Things Need* book.



Food gives people and animals \_\_\_\_\_ to move about. It also gives your body the energy it needs to \_\_\_\_\_. Plants do not need to \_\_\_\_\_, but they do need food. They make their food from \_\_\_\_\_ and water.

People can live without food for \_\_\_\_\_ months. But they can live without water for only about a \_\_\_\_\_.

Eating \_\_\_\_\_ and \_\_\_\_\_ every day helps to keep the body healthy.



**It's a fact!**  
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Some people eat \_\_\_\_\_ as part of their diet.

Bread is made from \_\_\_\_\_ of some plants. Bread provides energy for people.