

Energy Giving Food

👉 This food gives us energy. The energy is needed for the growth of the body. We need energy for playing also. We need food to grow also. The people who do physical work for example sports man, gym person they need more energy in their diet so they eat more food and take extra nutrients.

➡ **For Example:** Rice, Wheat, Sugar, Potato, Butter, Cheese, Nuts, Oil Etc.



Rice



Wheat



Sugar



Potato



Butter



Cheese



Nuts & Oil