



Kid's Healthy Eating Plate



Watch the video and fill in the gaps

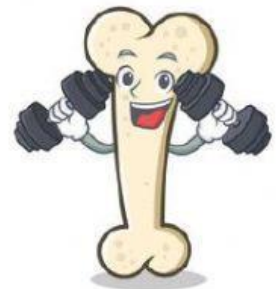
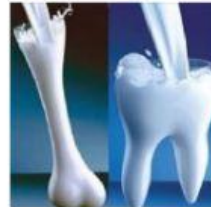


Dairy foods are important for healthy and teeth.

Dairy foods are a good source of protein but they also contain a called calcium.



Almost all of the in our bodies is stored in our and helps to make them strong.



-Why do you think it's important to have bones?



Our skeletons give our bodies their shape, hold us up, and protect our insides



With the help of our muscles our skeletons also help us



Our bones do most of their growing when we are young so it's especially important for to get plenty of so that we grow up with strong

Dairy isn't the only group that contains calcium It can also be found in leafy vegetables Such as and in a food called tofu.



María Liste

