

How does our body use food?

You need to eat food for different reasons. One reason is that you need **energy**. Bread, potatoes and pasta are full of the kind of energy that our bodies need.

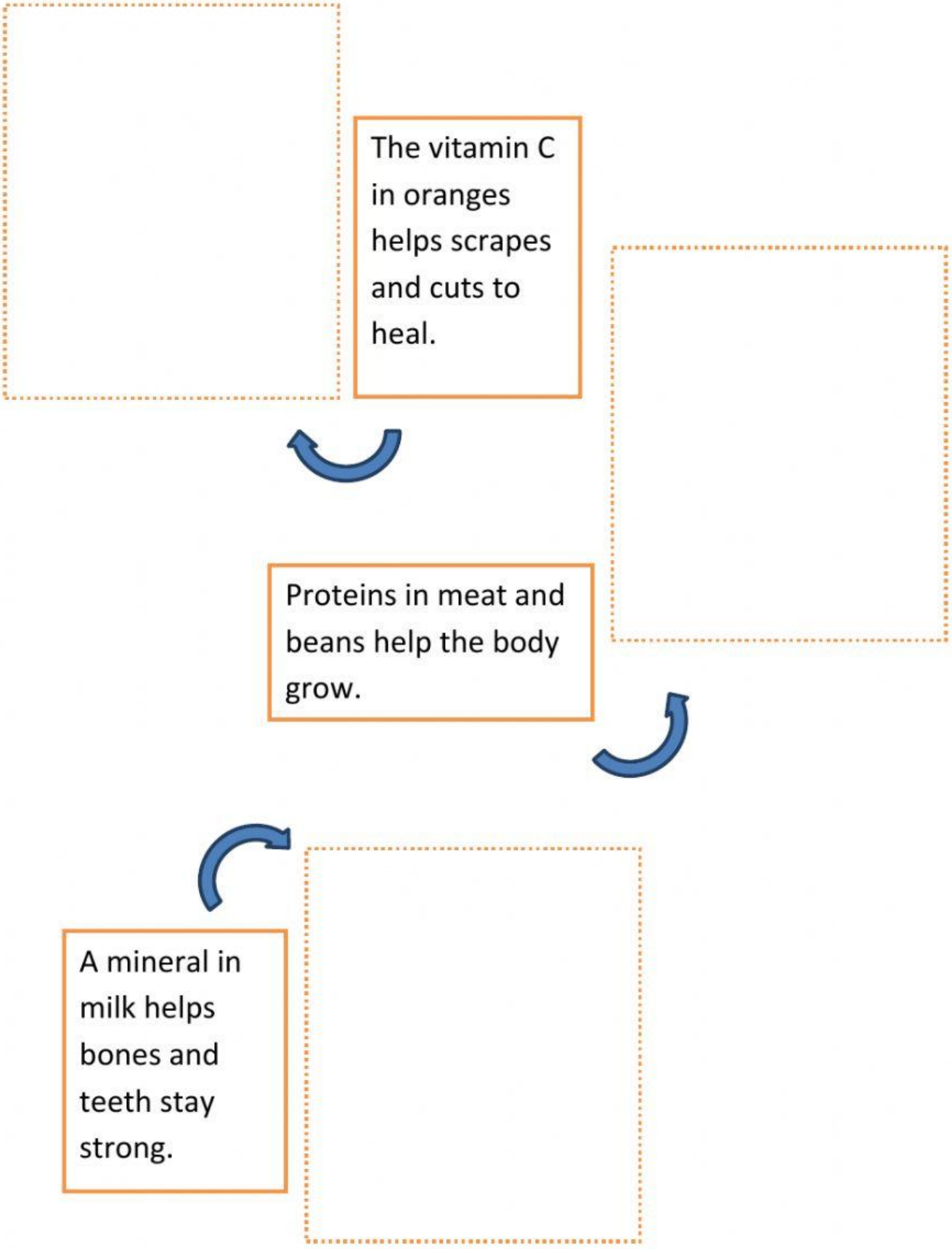
Proteins in food help the body grow. Meat, fish and beans have a lot of protein.

A healthful
breakfast gives
you energy to
start your day. ▼

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have a lot of protein.



Vitamins and **minerals** in food help body parts do their jobs. Our bodies use many kinds of vitamins and minerals. Only small amounts of each kind are needed.



The vitamin C
in oranges
helps scrapes
and cuts to
heal.

Proteins in meat and
beans help the body
grow.

A mineral in
milk helps
bones and
teeth stay
strong.

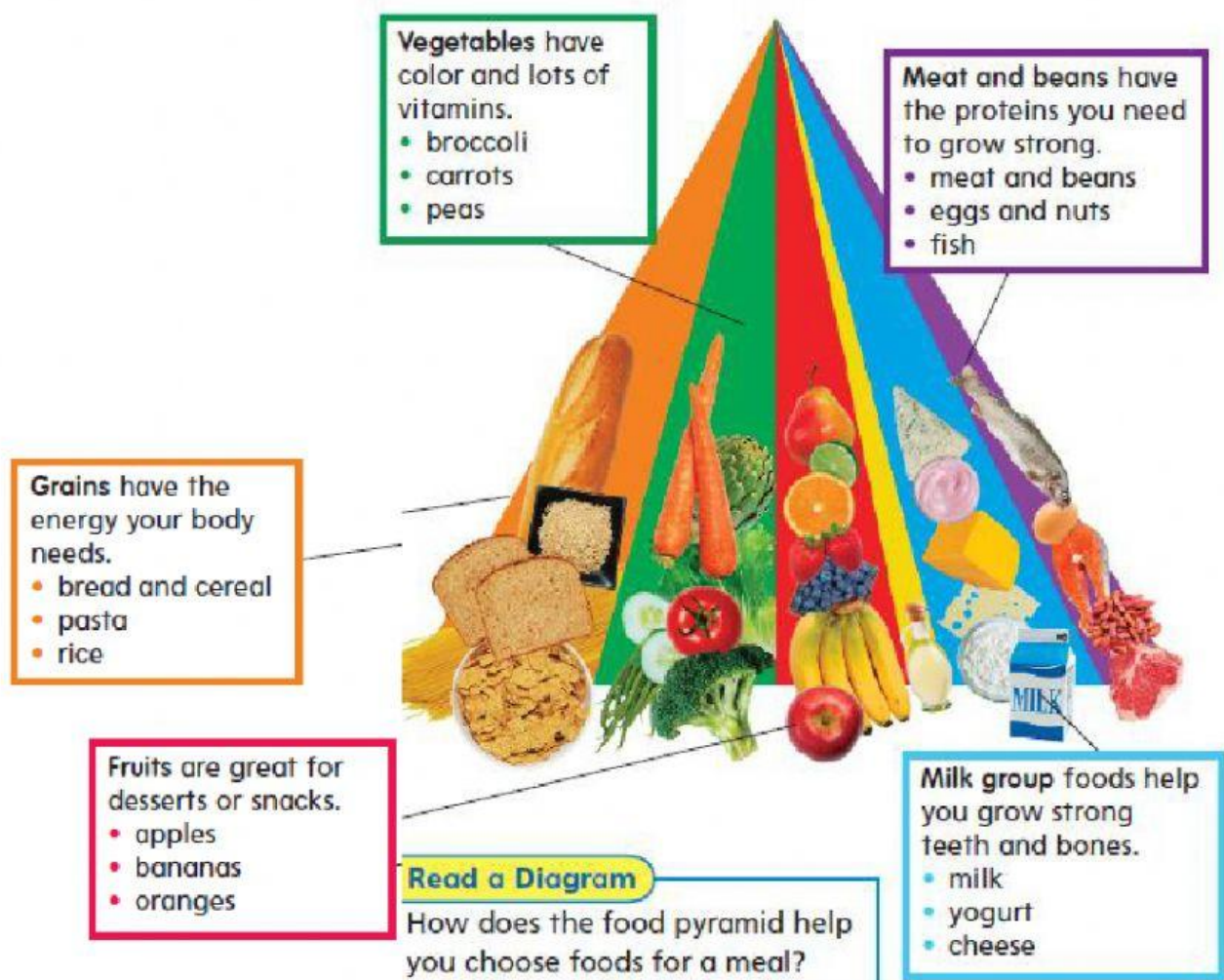


The food pyramid

group - foods - colour - eating – pyramid – group - healthy – needs - eat

The **food pyramid** is a *guide* for _____. It shows you how to eat _____ meals. It helps you choose what food to _____.

Each _____ of the food _____ stands for a food _____. To eat everything your body _____, choose _____ from each _____ every day.



Choose the correct answer:

1) Which foods have colours and lot of vitamins?

GRAINS VEGETABLES MEAT AND BEANS FRUITS MILK GROUP

2) Apples, bananas and oranges correspond to the group:

GRAINS VEGETABLES MEAT AND BEANS FRUITS MILK GROUP

3) Select foods that are included in the grains group.

FISH PEARS RICE MILK BREAD BEANS CARROTS PASTA APPLES
CHEESE BROCCOLI EGGS YOGURT MEAT CEREAL

Match

Vegetables	have the energy your body needs.
Meat and beans	are great for desserts or snacks.
Milk group	have colours and lots of vitamins.
Grains	help you grow strong teeth and bones.
Fruits	have the proteins you need to strong meat.