

## 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.

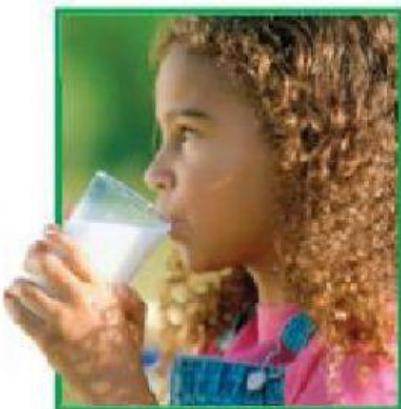


**Vitamins** and **minerals** in food help body parts do their jobs. Our bodies use many kinds of vitamins and minerals. Only small amounts of each kind are needed.

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.

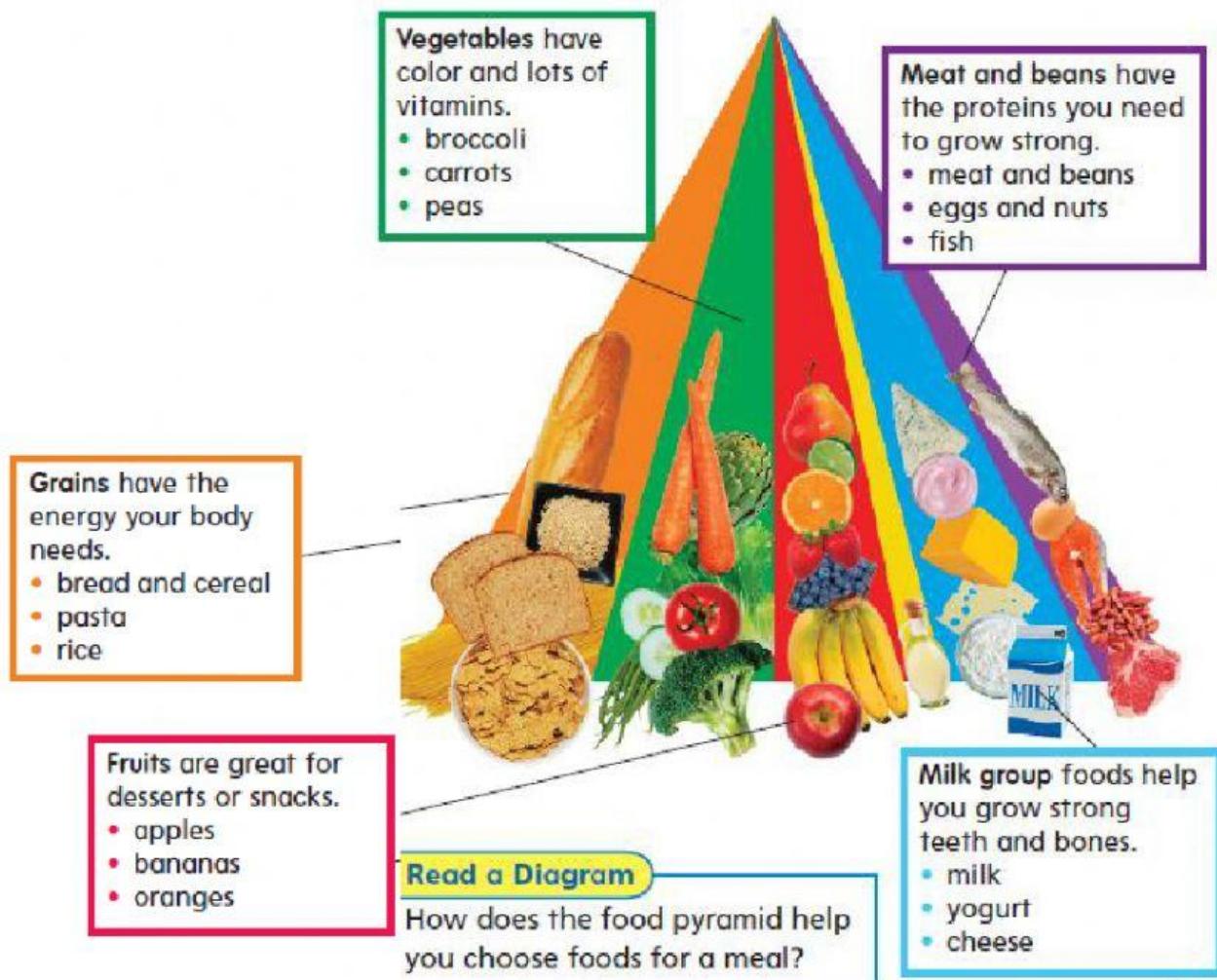


## The food pyramid

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.