



Grains & Starchy Foods (The Foundation - Eat the Most!)

Imagine your body is a race car! Grains and Starchy Foods are the special, high-octane gasoline that fills your tank and helps you zoom through the day. Foods like bread, rice, pasta, noodles, potatoes, and breakfast cereals are all in this important group. They are mostly made of Carbohydrates, which is the nutrient that gives you the *most* energy. This quick energy lets you run super fast at playtime, concentrate during a long lesson, and even keeps your heart beating! Always try to choose whole grains (like brown bread or oats) because they give you energy that lasts longer, so you don't feel tired or "crash" before it's time to go home.



Fruits & Vegetables (The Power Up! - Eat Lots!)

Think of Fruits and Vegetables as your body's personal team of superheroes! They don't give you massive energy, but they are absolutely packed with tiny helpers called Vitamins and Minerals. These heroes work hard to keep you healthy, acting like a shield to fight off yucky colds and sniffles. For example, Vitamin C (found in oranges) is great for fighting germs, and Vitamin A (found in carrots) helps you see clearly, especially in the dark! Eating lots of different colors—like red strawberries, yellow bananas, green broccoli, and purple grapes—ensures you get every kind of superhero helper you need to stay strong, grow well, and have healthy skin.



Protein Foods & Dairy (The Building Blocks! - Eat Moderately!)

This level contains the foods that help you build and fix things inside your body. **Protein Foods** like **meat, fish, eggs, beans, and nuts** are the special **building blocks** that help you grow tall! If you fall and scrape your knee, proteins rush to the spot to help build new skin and make you better. They also make your muscles big and strong so you can lift things and jump high. The **Dairy** group, like **milk, cheese, and yogurt**, is mostly famous for giving you a mineral called **Calcium**. Calcium is like super glue that makes your **bones and teeth rock-hard**. If you want a strong skeleton to support all your running and jumping, you must eat from this group every day!



Fats, Oils & Sweets (The Treats! - Eat the Least!)

These foods are at the very tip of the pyramid because your body only needs a tiny bit of them! **Fats and Oils** give you a lot of energy, but it's the kind of energy that stays in your body for a long time. Good fats, found in things like avocados and oily fish, are important for a healthy brain. However, the fats found in **sweets, chips, cakes, and sugary drinks** don't have many other vitamins and are mostly just for **treats** (we call these empty calories). It's great to enjoy these for special occasions, but remember that the bottom layers of the pyramid should be your main fuel every single day!

WORKSHEET

Activity 1: Match the Food Picture to the Paragraph!

Look at the food picture and the Food Class Name. Draw a line to match it to the correct food class

Name: _____ Class: _____

Match food to their group:

Draw a line to match each food item to its correct group.



Grains

Vegetables

Dairy

Fruits

Proteins

Activity 2: Write the Importance!

Finish the sentence below to explain why that food class is important for your body.

Food Group	Its Important Job (Complete the Sentence)
1. Grains	Grains are important because they give my body _____ _____ so I can _____ _____.
2. Fruits and Vegetables	Fruits and Vegetables are important because they have _____ _____ that help my body _____ _____.
3. Protein	Protein is important because it gives me _____ _____ to help me

	<hr/> <hr/>
4. Dairy	Dairy is important because it gives me <hr/> to help me <hr/>