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What is Healthy Food

Healthy food fuels our bodies and minds!

DEFINITION

> Healthy food includes nutritious items that help our bodies grow and stay strong. It provides the energy we need to learn and play.

KEY CONCEPTS

Nutrients

Nutrients are substances in food that help our bodies function properly, like vitamins and minerals.

Balanced Diet

A balanced diet includes a variety of foods from different groups to ensure we get all necessary nutrients.

Fruits and Vegetables

Fruits and vegetables are packed with vitamins and fiber, making them essential for good health.

Whole Grains

Whole grains provide energy and are healthier than refined grains because they contain more nutrients.

Protein Sources

Proteins from meat, beans, and nuts help build and repair our body's tissues.

EXAMPLES

→ An apple as a snack instead of chips.

→ Choosing brown rice over white rice.

→ Eating a salad with lunch.

MEMORY TIPS

★ Remember 'Fruits and veggies are your friends!' to recall their importance.

★ Use the acronym 'BFGP' for Balanced, Fruits, Grains, Protein.

★ Think of a rainbow to remember to eat colorful foods.

COMMON MISTAKES

✗ Thinking all snacks are unhealthy without checking ingredients.

✗ Not including enough variety in meals.

✗ Confusing sugary drinks with healthy options.

QUICK RECAP

Healthy food is essential for our growth and energy. It includes a variety of nutrients from fruits, vegetables, whole grains, and proteins. Remember to eat a balanced diet for optimal health!