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What is Healthy Food

Healthy food fuels our bodies and minds!

DEFINITION

Healthy food is nutritious food that helps our bodies grow and stay strong. It includes fruits, vegetables, whole grains, and proteins.

KEY CONCEPTS

Nutrients

Nutrients are substances in food that our bodies need to function well.

Balanced Diet

A balanced diet includes a variety of foods to get all necessary nutrients.

Fruits and Vegetables

These are rich in vitamins and minerals, helping to keep us healthy.

Whole Grains

Whole grains provide energy and are better than refined grains for our health.

Proteins

Proteins help build and repair tissues in our bodies, found in meat, beans, and nuts.

EXAMPLES

- Eating an apple as a snack instead of candy.
- Choosing brown rice over white rice for dinner.
- Adding spinach to a smoothie for extra nutrients.

MEMORY TIPS

- ★ Remember 'Fruits and Veggies are Friends' to eat more plants.
- ★ Use the acronym 'BFP' for Balanced Food Plate: B for Beans, F for Fruits, P for Proteins.
- ★ Think of colors: the more colorful your plate, the healthier it is!

COMMON MISTAKES

- ✗ Thinking all snacks are unhealthy; some can be nutritious.
- ✗ Confusing sugary drinks with healthy beverages like water or milk.
- ✗ Ignoring portion sizes; even healthy foods can be overeaten.

QUICK RECAP

Healthy food is essential for growth and energy. Focus on a balanced diet with plenty of fruits, vegetables, whole grains, and proteins. Remember, variety and moderation are key!