

Healthy Foods

A healthy diet requires that you eat a variety of wholesome, natural foods every day, because you need many different vitamins and minerals so that your body can perform the functions of growth and repair, and have plenty of energy for you to go about your day. A healthy diet also includes plenty of fiber. You can't digest fiber, but it helps to move foods through your digestive tract. Fiber is found in



FRUITS AND VEGETABLES



MEAT, EGGS, FISH



DAIRY



GRAINS

fruits, vegetables and whole grains. How much food you need depends on how active you are and how much you are growing. Not eating enough can make you sick. Eating too much can make you overweight which, eventually, can make you sick in other ways. The key to a healthy diet is to get a good balance of fruits and vegetables, meat, dairy, and grains. It is good advice to eat at least five servings of fruits and vegetables every day.

1. Why does your body need plenty of food every day?
2. Give an example of five fruits and vegetables you might eat during a single day.
3. Give three examples of foods that contain fiber.
4. Give three examples of foods in the dairy food group.