Why Do We Eat Food?

Five Reasons why fueling your body right is important!
#1 - Energy

✓ Food gives you the fuel for playing sports, hanging out with friends and doing homework!

✓ The healthier the food, the more energy it will give you to keep your body moving!
#2 – To Grow

☑ Your body needs all the things in healthy foods so you can grow the right way.

☑ Fruits, veggies, whole grains, dairy and protein foods are all needed for you to grow!
#3 – To Be Strong

- Foods in the dairy group have calcium in them that helps your bones and teeth stay strong.
- Fruits and vegetables have vitamins and minerals in them that are good for your skins and eyes.
- Foods in the protein group are super foods for strong muscles.
#4 – Get Together

- Sharing a meal with family or friends can be a great way to get together.
- Holidays and birthdays are always more fun with others around you enjoying the same food.
- Food can bring people together to talk and hang out.
Eating the right foods can help you stay healthy and fight off sickness.

Yellow, orange and green fruits and vegetables have vitamin C to keep your immune system healthy.

Your body needs the best foods you can give it.

Make sure your body works the right way for your whole life!