

Leo and George's learning adventure



Healthy Food, Healthy You!

Different foods give us different nutrients.
Each nutrient helps our body in a special way!

Carbohydrates

give us energy!



Good for:

Brain and muscles
(gives us energy to play and learn!)

Foods: rice, bread, pasta, potatoes, corn

Proteins

help us grow and build strong bodies!



Good for:

Muscles, skin, hair, and organs

Foods: meat, fish, eggs, beans, tofu

Fats

give us energy and help our body work!



Good for:

Energy, protecting our body, and healthy brain

Foods: nuts, seeds, avocado, oil, butter

Vitamins

help our body stay healthy!



Good for:

Fighting sickness and keeping our body strong

Foods: fruits, vegetables

Minerals

help our bones, teeth, and blood!



Good for:

Strong bones, teeth, and healthy blood

Foods: milk, cheese, leafy greens



Eat a variety of foods every day!

A balanced diet helps you grow, learn, and have lots of energy!



Let's Check What We Learned!

Circle the best answer or match.

1 What does carbohydrates give our body?

- a. Strong bones
- b. Energy
- c. Fights sickness



2 Which food is a good source of protein?

- a. Apple
- b. Fish
- c. Ice cream



3 Which nutrient helps make our bones and teeth strong?

- a. Carbohydrates
- b. Vitamins
- c. Minerals



4 Match the nutrient to what it is good for.

Carbohydrates	•	•	Builds muscles and helps us grow
Proteins	•	•	Gives us energy
Fats	•	•	Keeps us healthy and fights sickness
Vitamins	•	•	Helps our bones, teeth, and blood
Minerals	•	•	Gives energy and protects our body

5 Circle the foods that are good sources of vitamins.



6 Which food group helps give you energy to run and play?

- a. Meats and fish
- b. Fruits and vegetables
- c. Rice and bread



7 Why is it important to eat a variety of foods?

- a. So we can have more dessert.
- b. Because each food gives our body different nutrients.
- c. Because it looks nice on our plate.



Healthy food = Happy body!
Eat well, grow well, and feel great! ❤️



Don't forget to drink water too! ❤️

