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Simply Health



Vocabulary



balanced diet



calcium



carbohydrates



dairy



dehydrated



diet



fruits



grains



immune system



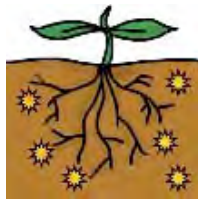
meat



milk



minerals



nutrients



nutritious



protein



unhealthy



variety



vegetables



vitamins

Vocabulary Definitions



balanced diet

A diet that has proper kinds and



amounts of food.



calcium

A mineral that is in milk and



makes your bones and teeth strong.



carbohydrates

Found in grains and gives your body



energy.



dairy

1

5



One of the five food groups with food like



milk, cheese, and yogurt.



dehydrated



When the body does not have



enough water.



diet



What you usually eat.



fruits

1

5



One of the five food groups with food



&



like apples, strawberries, and bananas.



grains

1

5



One of the five food groups with food like



bread, rice, and crackers.



immune system



&

Protects your body from infections and



from getting sick.



meat

1

5



One of the five food groups with food



like chicken, steak, and ham.



milk



&

A white liquid that people drink and



use to make butter, cheese, and yogurt.



minerals



Nutrients



that



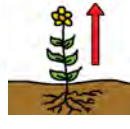
help



your



body



grow

&



and stay healthy.



nutrients



Something that is needed to stay strong

&



and healthy.



nutritious



&



Foods that are healthy and good for you.



protein



&



Found in meat and found in hair,



&



blood, muscles, and cells.



unhealthy



Foods



that

are



not



good

for



you.



variety



Many



different



kinds.



vegetables

1

One

of the

5

five



food

groups with



food



like

carrots,



broccoli,

&

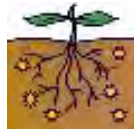
and



corn.



vitamins



Nutrients



that

are



needed for
















good



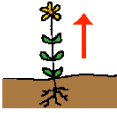














health.







Eating Healthy













 Think about your favorite food. Is it pizza,

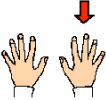



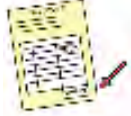








 ice cream, apples, or hamburgers? We need food








 to help us grow strong and stay healthy. The















 foods you eat every day are called your **diet**.













 A diet is what you normally eat. It is important















 to eat a balanced diet. That means you are eating







 the right kinds and the right amounts of food.

     
Some foods are better for our bodies than other

     
foods. Foods that are good for us are **nutritious**.

     
Nutritious means healthy. Some nutritious foods are apples,

       
oatmeal, cheerios, or carrots. Some foods are not very

      
good for us. These are **unhealthy foods**. Unhealthy foods

    
are sodas, candy, chocolate, or french fries.



Your body changes the food you eat into energy.



Breathing, talking to your friends, running around the block,

&



and even sleeping all take energy. Your body uses



nutrients to make this energy. All foods have nutrients



in them, but not all foods have the same



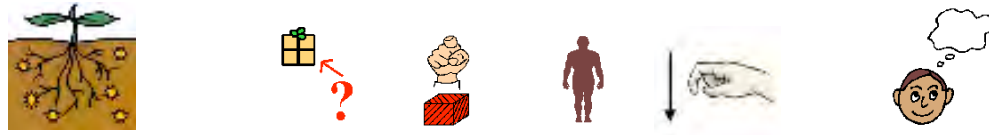
nutrients. That is why it is important to eat a **variety**



of foods every day. When you eat a variety of



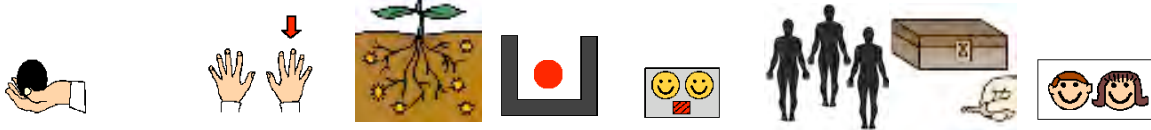
foods it means you are eating many different foods.



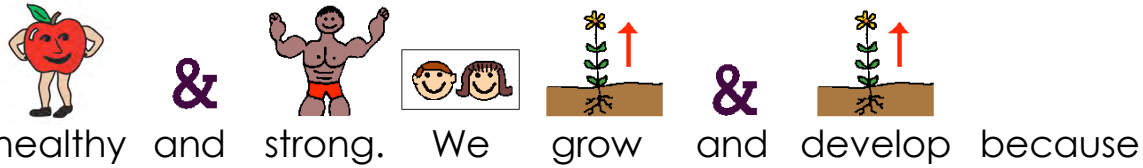
Nutrients are what your body needs to think,



move, talk, listen, breathe, and many other things.



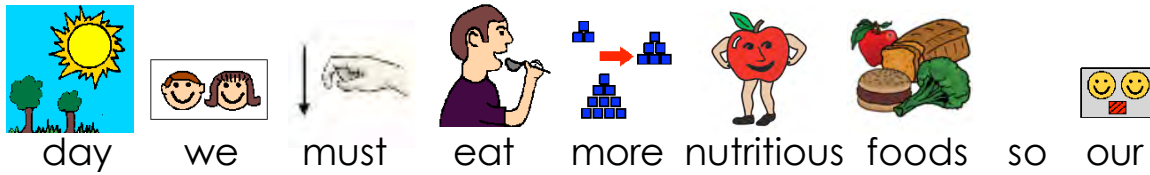
Having the right nutrients in our bodies keeps us



healthy and strong. We grow and develop because



our body uses the nutrients in our food. Every










day we must eat more nutritious foods so our



bodies can make more energy.



What Are the Nutrients Your Body Needs?

Vitamins help every part of your body. There


















 are many different vitamins. Some vitamins help you grow

 strong bones and teeth. Other vitamins help you















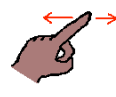














 see at night, and some keep colds and coughs away.









 Vitamins are found in the food you eat.

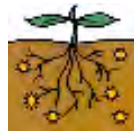










 When people do not get all the vitamins they need




 from their meals, they can take a vitamin pill.



Minerals are also nutrients that your body needs.



Iron is a mineral that helps move air from your



lungs to the rest of your body. **Calcium** is a mineral that



builds strong bones and teeth. The mineral zinc helps



heal cuts. Potassium is a mineral that keeps your



muscles strong.



The Five Food Groups



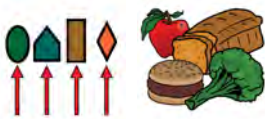
The foods we eat are categorized into five food groups.



The five food groups are fruits, vegetables, proteins, grains,



and dairy. To eat a balanced diet, you should eat foods



from each food group. Colors are used to represent the



different food groups: red for fruits, green for vegetables,



purple for proteins, orange for grains, and blue for dairy.



Grains



&

Grains come from the seeds of plants and are used



&



to make different foods. Bread, noodles, crackers, and rice



are part of the grain food group. These foods have lots



of **carbohydrates**. Carbohydrates give your body energy.



2



There are two different kinds of carbohydrates in



$$\begin{array}{r} 2 \\ +0 \\ \hline 2 \end{array}$$

&

food: **simple** and **complex**.

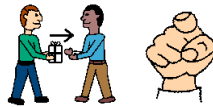
$$\begin{array}{r} 2 \\ +0 \\ \hline 2 \end{array}$$



Simple carbohydrates are in white sugar, fruits, and milk.



Complex carbohydrates are in bread, crackers, and



rice. Complex carbohydrates give you more energy

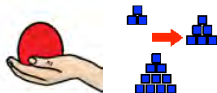
$$\begin{array}{r} 2 \\ +0 \\ \hline 2 \end{array}$$



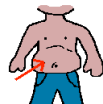
than simple carbohydrates because they have vitamins and



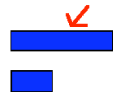
minerals that make you feel full. A bowl of oatmeal



has more complex carbohydrates than a donut, so the oatmeal












will last longer in your stomach than the donut and



keep you full longer.

     
Eating healthy carbohydrates will make your heart

      
stronger and healthier as you get older. To have a

       
healthy diet you need to eat foods made with grains.