

Healthy Eating

Just like cars need fuel to move, our bodies need a type of fuel to keep them going. What gives us the energy to run around, have fun and give our best each day? Food!

Food is fuel for the body. Food gives us energy the that allows us to play, work and grow every day. If we eat good food, our bodies perform at their best. The type of food we eat on a regular basis is called our diet.

A healthy diet should include lots of plant foods. Plant foods are foods that come from plants, such as fruit, vegetables, nuts, seeds and grains. Fruit and vegetables are an excellent source of vitamins, minerals and fibre.

Our diet should include a moderate (not too much or too little) amount of animal foods. Animal foods include such foods as meat, dairy products, eggs and fish. This food group provides the body with fats and protein.

A balanced diet means a balance of minerals, vitamins, fibre, protein and fats. Each of these help our bodies in different ways. Vitamins are very important in helping our bodies stay healthy from sickness and disease. Fibre helps the body digest (break down) food. Protein helps our bodies build muscle. Good fats are also an important part of a balanced diet. They help give us energy and help protect our organs. A balanced diet is important. It is not healthy to eat too much of one thing and forget about other food types.

If we are not eating the right diet, our body tells us in different ways. For example, we may feel more tired than normal and our mood might change. We might also become sick more often.

Are you eating the right foods to stay healthy?



DIET	FRUIT	VEGETABLES	ENERGY	PLANT
MEAT	ANIMAL	BALANCE	HEALTHY	FOOD

