

The Pyramid

FOODS THAT PROVIDE ENERGY

The foods that give us the energy that we need to do our work and play are called energy foods. They are the foods that give us the energy that we need to do our work and play. They are the foods that give us the energy that we need to do our work and play.

All the different foods that we eat are made of different kinds of things. Some are made of things that we call fats and oils. Some are made of things that we call proteins. Some are made of things that we call carbohydrates. Some are made of things that we call vitamins and minerals. Some are made of things that we call fiber. Some are made of things that we call water. Some are made of things that we call other things. Some are made of things that we call other things.

