



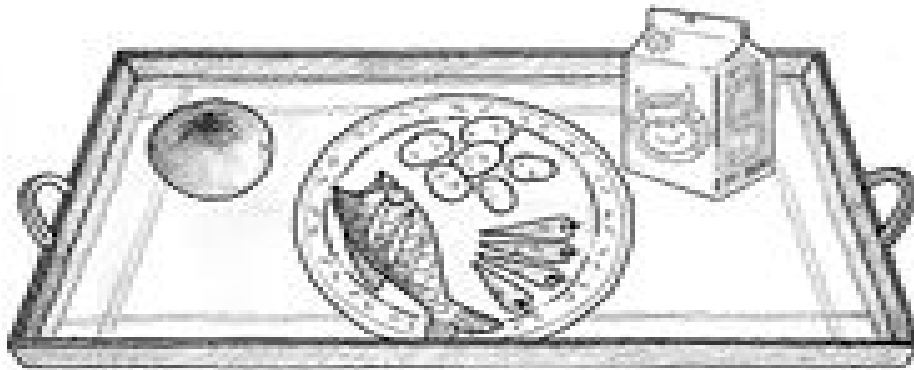
## You are what you eat, so eat healthy!

### Observations

The food that you eat is good for you in different ways. Meat, milk, eggs, and fish all help you to grow. Bread, rice, potatoes, and fruits give you energy to run and play. Vegetables and fruits also help you to stay healthy.

### Science activity

Look at this meal, and draw a line joining each type of food to one of the circles below.



Food for  
growth

Food for  
energy

Food for  
health

### Science exploration

Do you eat healthy?

