

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 nutrients. Some of these nutrients are called the "big three": protein, fat, and carbohydrate. These three nutrients are the most important ones for our health. They give us the energy that we need to do our work and play. They also give us the energy that we need to do our work and play.

