

# 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 chemicals. Some are called proteins. They are called the proteins. They are the proteins that we need to do our work and play. They are the proteins that we need to do our work and play. They are the proteins that we need to do our work and play.

