

A collage of various food items including vegetables, fruits, dairy, and grains. The items are arranged in a dense, overlapping manner. Visible items include: sliced carrots, whole carrots, potatoes, green onions, green apples, a glass of milk, a pitcher of milk, cheese slices, bread slices, spaghetti, tomatoes, onions, a whole fish, a small pitcher of oil, and various pasta shapes like penne and spaghetti. The overall color palette is warm and natural, with a soft, slightly faded background effect.

Food

Source of energy

Why do we eat?

What should we eat to be healthy?

What does a balanced diet mean?



Food is a source of energy






- Our food comes from plants and animals. When we eat food and **digest** it, our bodies can use the energy stored in food.
- The food we usually eat is called our diet.
- We need to have a balanced diet in order to stay healthy.
- A balanced diet includes the right amounts of different types of food.

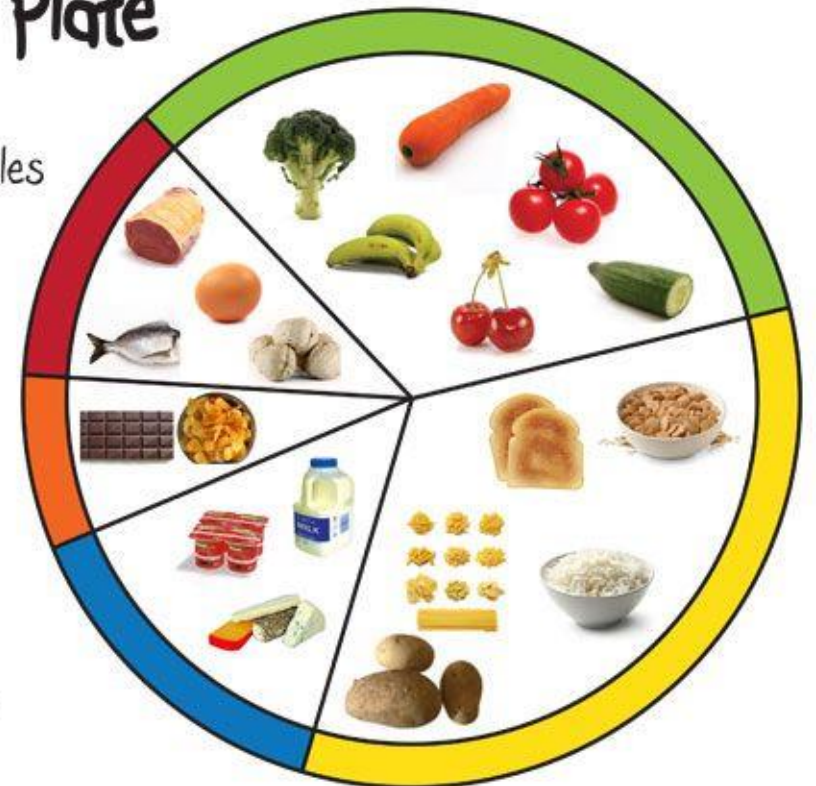
Nutrients in food

• Different types of food contain different nutrients:

- 1- Carbohydrates.
- 2- Dairy
- 3- Protein
- 4- Fats and oils.
- 5- Vitamins and Minerals.

A Balanced plate

-  Fruit and vegetables
-  Grains, cereals and potatoes
-  Dairy products
-  Meat, fish, nuts and eggs
-  Fats and sugars

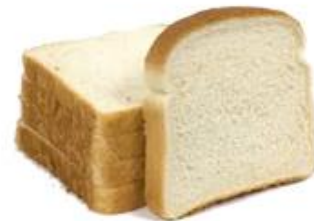


Carbohydrates.

- Found in rice, bread, pasta, cereal, corn and potato.
- They provide us with energy that we can use quickly and easily.



Starchy Foods



Bread



Cereals



Pasta



Rice



Potatoes



Beans



Chestnuts

Proteins:

- Found in eggs, beans, meat, fish and chicken.
- Proteins help us grow, build muscles and repair the damaged cells.



Foods High in Protein



Meat and fish



Cheese



Eggs



Beans



Bread



Hummus



Nuts and seeds

Dairy:

- Found in milk, cheese and yogurt.
- Dairy products help us to have strong bones and teeth.



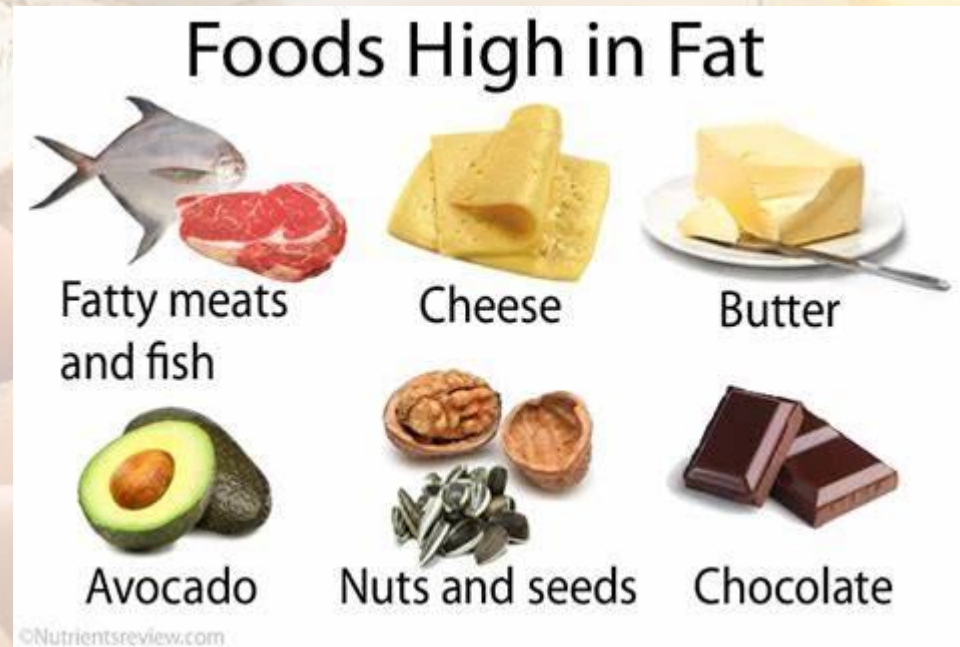
Vitamins and minerals:

- Vitamins and minerals are found mainly in Fruits and vegetables.
- They help us to stay healthy.



Fats and oils:

- Fats are stored in the body and they give us energy.
- Fats are found in oils, butter, nuts.
- Too much of fats can cause heart diseases.



Sugary foods:

- We should consume them in lesser amounts.
- Too much sugary foods can cause tooth decay and make you overweight, it can also lead to diabetes.



Water

- **We need water because it has important functions in our bodies:**

1- Water in sweat cools you down.

2- We need water for body processes such as digestion.

3- Digested food and waste products are dissolved in water (blood) all around the body.

We need to drink 6-8 cups of water a day.



Fibre

- Fibre helps food to pass easily through the digestive system.
- Fibre comes from plants.
- Foods that contain lots of fibre are vegetables, fruits, beans, lentils, brown rice and whole- wheat bread.



Examples of vitamins our body need:

Vitamins	Importance	Found in
Vitamin A	Vision	Carrots
Vitamin D	For Strong Bones and teeth.	Sun
Vitamin C	Fighting diseases	Citrus fruits e.g. Orange
Vitamin E	Healthy Skin	Vegetable, oils, Nuts

Examples of minerals our body need:

Minerals	Importance	Found in
Iron	To have healthy blood	Meat, green leaves (spinach)
Calcium	Builds strong bones and teeth	Milk and dairy products