

Gloria

# Healthy Food

Read the passage below and answer the following questions.

Healthy foods are important for our bodies to grow strong and stay healthy. Fruits and vegetables are some of the healthiest foods we can eat. They come in many different colors and flavors. Apples, oranges, carrots, and broccoli are just a few examples of these nutritious foods. They are packed with vitamins and minerals that help us stay energized and keep our immune system strong. Eating healthy foods also helps us have strong bones and teeth. So, next time you're hungry, reach for a delicious and nutritious fruit or vegetable!

1) Why are healthy foods important?

It's important because it helps our body grow strong and stay healthy

2) What do fruits and vegetables provide us with?

They are packed with vitamins and minerals that help us stay energized and keep our immune system

3) How do healthy foods help our bodies?

They help our bones and teeth

4) Name some examples of healthy foods.

Apples, oranges, carrots, broccoli etc.





## BALANCED DIET

### Protein Sources

Include a mix of Protein sources

### Healthy Fats

Consume Unsaturated fats.

### Limit Added Sugar and salt

Minimize Sugary snacks.

### Hydrate

Drink plenty of water.



### Include Dairy or Alternatives

Dairy products provide calcium and Vitamin D.



### Fruits and Vegetables

Aim for at least 5 servings of fruits and vegetables daily.

### Plan Ahead

Plan your meal and snacks.

## BALANCED DIET

### Variety is Key

Include a wide range of foods from different food groups. Each group provides essential nutrients. Aim for a colorful plate with fruits, vegetables, whole grains, lean proteins and healthy fats.



### Portion Control

Be mindful of portion sizes.



### Choose Whole Grains

Opt for whole grains like brown rice, quinoa, oats, and whole wheat bread.

# BALANCED DIET





OUR BODY NEEDS NUTRITIOUS FOODS EVERY DAY. EAT THEM TODAY!



AVOCATO:

CONTAINING NATURAL HEALTHY FATS, OMEGA 3 FATTY ACIDS AND PROTEINS, VITAMINS AND MINERALS.

CUCUMBER:

THEY ARE RICH IN PHYTONUTRIENTS AND VITAMIN 'K'. THEY ARE 96% WATER. THIS MAKES THEM AN IDEAL CHOICE FOR DETOXIFICATION.

KALE

DUE TO ABUNDANT PRESENCE OF VITAMIN 'B6', 'C', CALCIUM AND COPPER, IT IS CONSIDERED A NUTRITION SUPERSTAR.

BRUSSELS SPROUTS: THEY'RE LOW IN CALORIES RICH IN PROTEINS.

BROCCOLI: WITH AN ARRAY OF 'B' VITAMINS, FOLIC ACID, IRON, CALCIUM AND NUMEROUS OTHER VITAMINS.