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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?
To grow strong and stay safe.

2) What do fruits and vegetables provide us with?
the healthiest foods we can eat.

3) How do healthy foods help our bodies?
Vitamins and minerals.

4) Name some examples of healthy foods.
Oranges, carrots ,apples and broccoli

BALANCED DIET

Left column:

- **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 lest 5 Servings of fruits and vegetables daily.

- **Plan Ahead**
Plan your meal and snack.

Right column:

- **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.

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.