



# **Why Do We Eat Food?**

**Five Reasons why fueling your body right is important!**

# #1 - Energy

- ✓ Food gives you the fuel for playing sports, hanging out with friends and doing homework!
- ✓ The healthier the food, the more energy it will give you to keep your body moving!





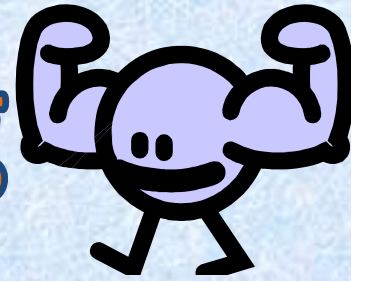


## #2 – To Grow

- ✓ Your body needs all the things in healthy foods so you can grow the right way.
- ✓ Fruits, veggies, whole grains, dairy and protein foods are all needed for you to grow!



# #3 – To Be Strong



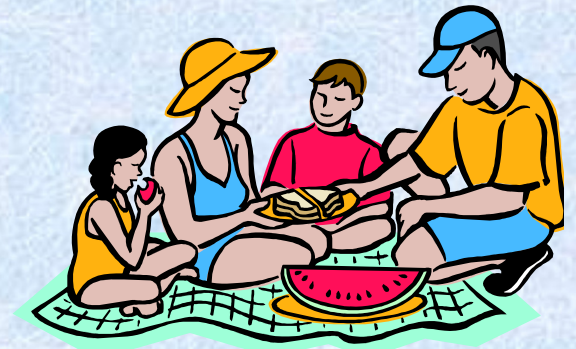
- ✓ Foods in the dairy group have calcium in them that helps your bones and teeth stay strong.
- ✓ Fruits and vegetables have vitamins and minerals in them that are good for your skins and eyes.
- ✓ Foods in the protein group are super foods for strong muscles.





# #4 – Get Together

- ✓ Sharing a meal with family or friends can be a great way to get together.
- ✓ Holidays and birthdays are always more fun with others around you enjoying the same food.
- ✓ Food can bring people together to talk and hang out.





# #5 – Live Healthy



- ✓ Eating the right foods can help you stay healthy and fight off sickness.
- ✓ Yellow, orange and green fruits and vegetables have vitamin C to keep your immune system healthy.
- ✓ Your body needs the best foods you can give it.
- ✓ Make sure your body works the right way for your whole life!