

***Healthy types
of food**



Eating the proper foods
is important to stay
healthy

What are the five
basic types of
food a person
should eat?

- * Meat group;
- * Milk group;
- * Fruit and Vegetables group;
- * Bread-cereal group;
- * Fats and sugar.



* 1. Meat group



*Meat



* Eggs



*Chicken



*Fish

***Meat – helps you have a strong and healthy body by providing protein**



* 2. Milk group



* Cheese



* Milk



*Ice-cream

*Dairy – builds
strong teeth and
bones by providing
calcium.



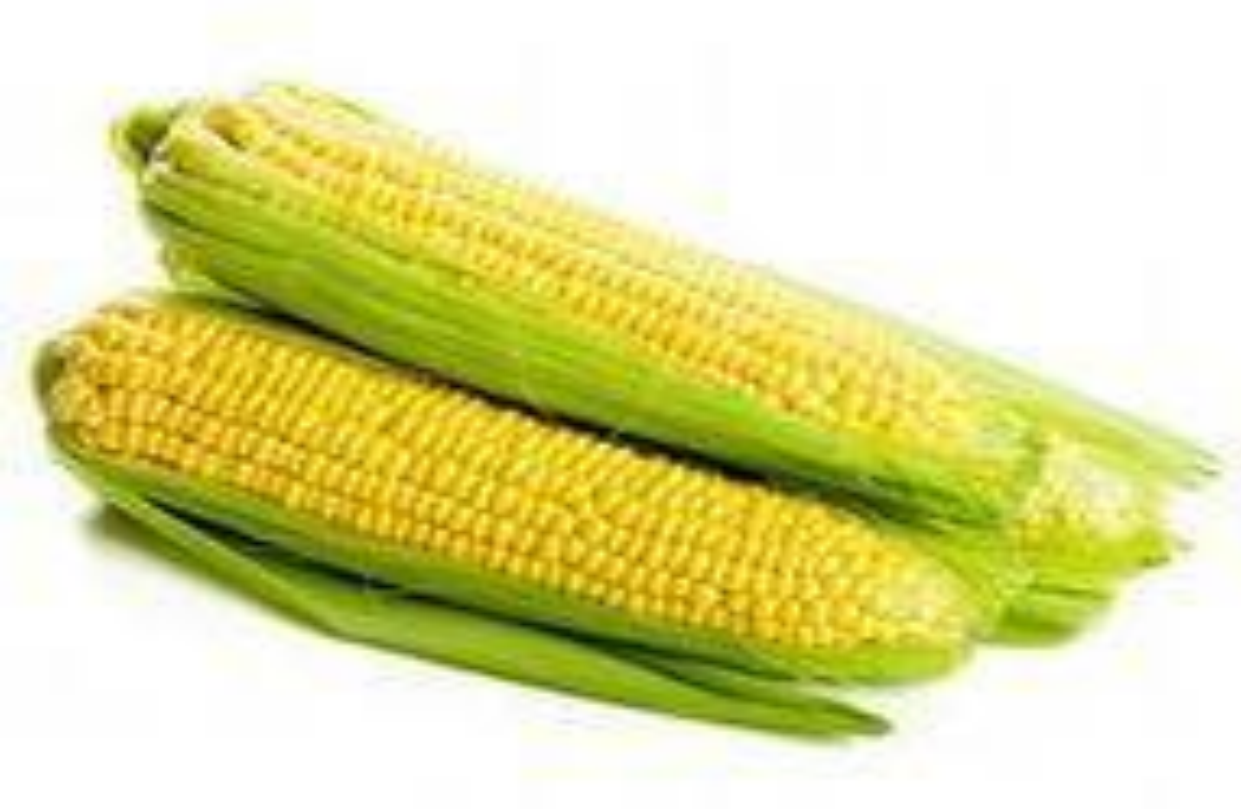
* 3. Fruits and Vegetables group



*Wildberry



*Orange



*Corn



*Carrots



*Cabbage

***Fruits and Vegetables –
help you have healthy
gums, good eyesight by
providing Vitamins A
and C**



*** Bread-cereal group**



* Bread



*Cereal



*Spaghetti/pasta

***Bread/Cereal –
gives you energy by
providing protein,
iron, and several B
vitamins**



*Fats and Sugar



*Sugar



* Butter

***Fats/Sugar – fast
sources and energy**



Good health is above
wealth