

**\*Healthy types  
of food**

A close-up photograph of a pair of hands, one from a child and one from an adult, gently holding a ripe red apple with a single green leaf. The hands are positioned in the center of the frame, with the apple resting in the palm of the child's hand. The background is a soft-focus blue and white, suggesting an outdoor setting. The text is overlaid in a red, serif font, centered over the lower half of the image.

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