

***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 single, ripe red apple with a 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.



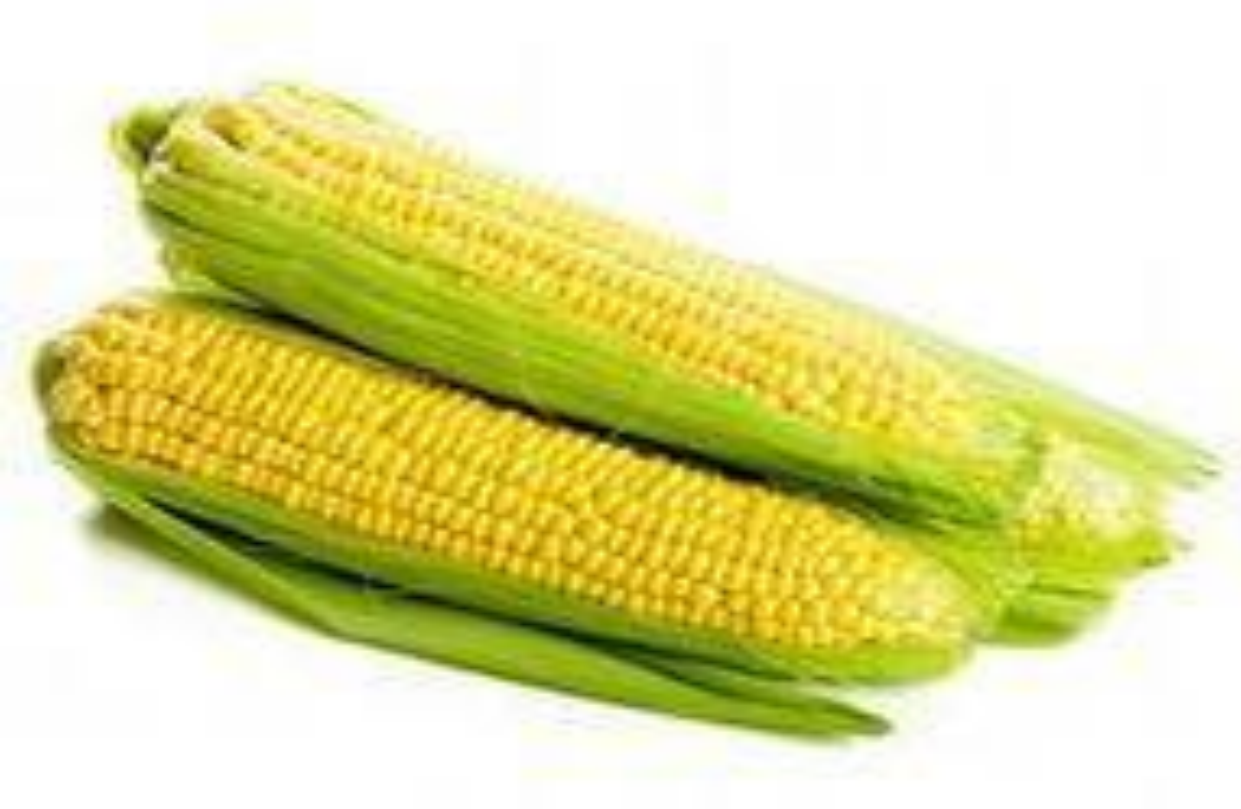
* 3. Fruits and Vegetables group



*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