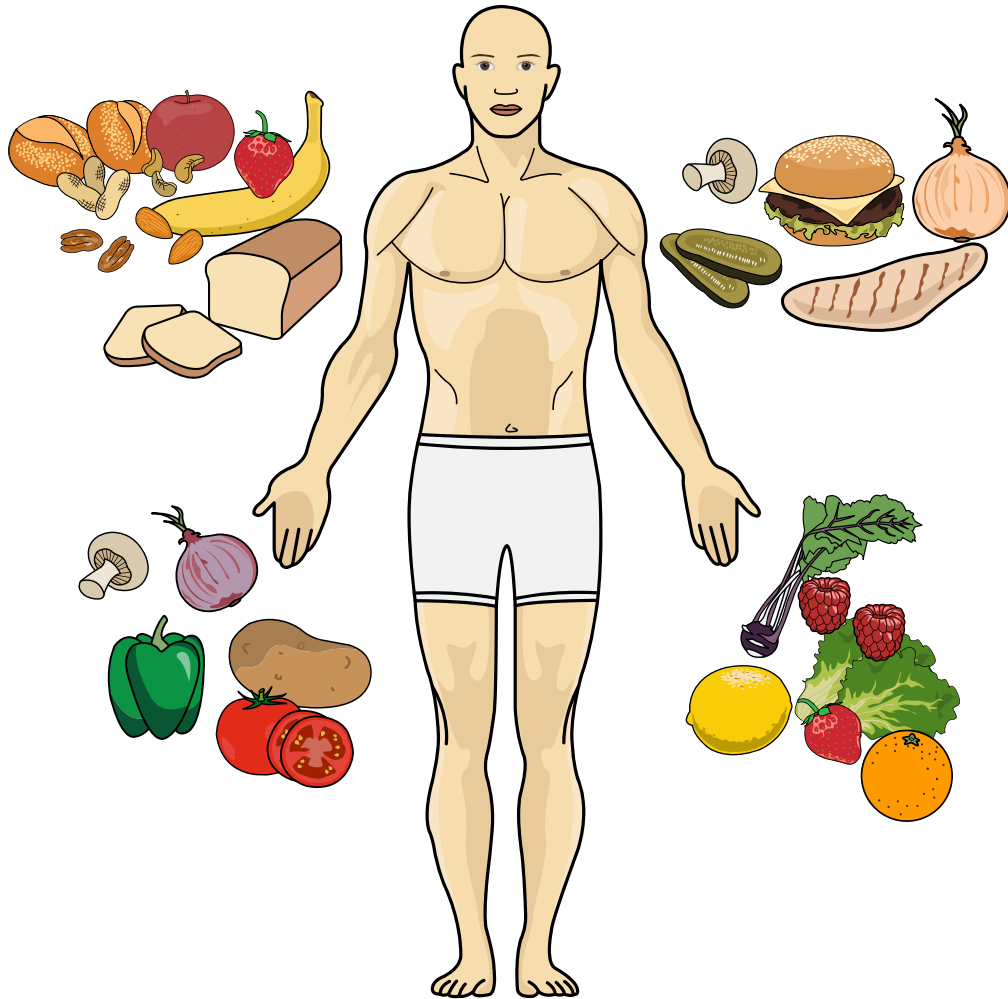


Food for Your Body

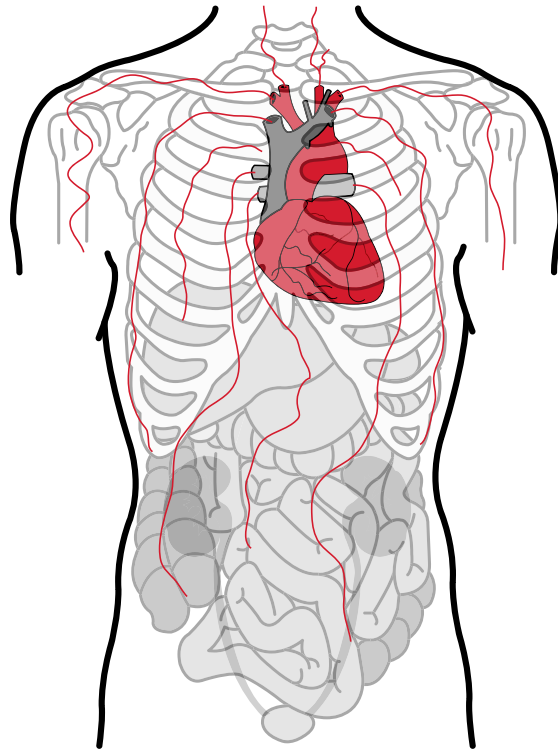
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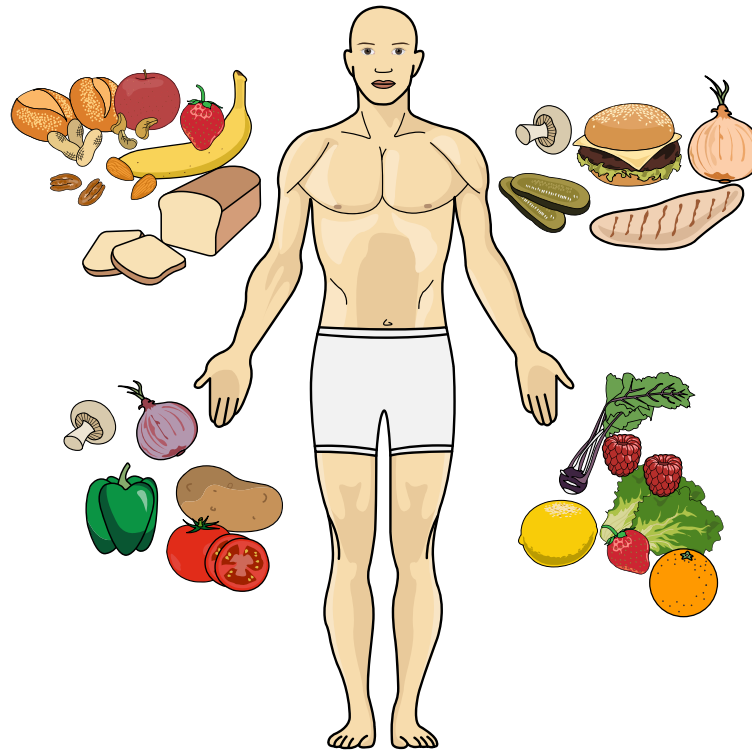
Bind This End

by **Kathy Staugler**

Illustrated by **Travis Schaeffer**



A car needs gasoline to make it go. Gasoline is **energy** for the car. Your body needs energy too. Your body gets energy from food. Food gives you energy to make your heart beat, your lungs breathe and your muscles move. Your body also needs food to help it grow.



Food has special things called **nutrients**. These nutrients give your body energy. These nutrients help your body grow.



Milk has nutrients that build strong bones. Milk builds strong teeth. Milk is found in cheese and yogurt. It is a good idea to get three servings of milk every day.



Vegetables and fruits have **vitamins** that will help you stay healthy. Many vegetables and fruits are also good for **digestion**. Digestion is the way that food breaks down in your body. Eat different fruits and vegetables every day.



Your body also needs **carbohydrates**.

Carbohydrates give your body energy.

Breads, rice, potatoes and pasta are

good sources of carbohydrates. Fruits

are also carbohydrates. Your body can

get **protein** from meat, chicken and fish.

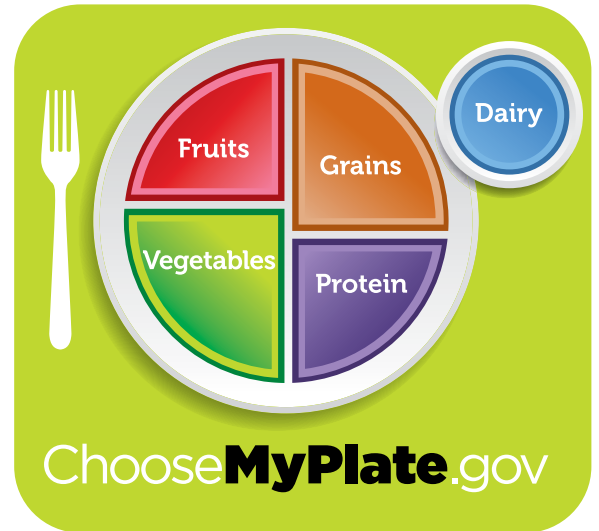
Beans and peas also have protein to help

your body grow.

It is important to get a balance of these foods every day. It is also important not to eat too many

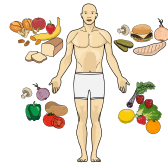
fatty foods. Eating at fast food restaurants every day will not be healthy for

you. Too many sweet snacks are also not good for you. Plan your meals so that your body will have energy. Good food keeps you healthy.



Learn more: <http://www.choosemyplate.gov/index.html>

yes



Food for Your Body

no



<p>need</p>	<p>strong</p>	<p>energy</p>	<p>body</p>	<p>food</p>	<p>nutrient</p>
<p>grow</p>	<p>every</p>	<p>milk</p>	<p>bone</p>	<p>teeth</p>	<p>day</p>
<p>help</p>	<p>healthy</p>	<p>vegetable</p>	<p>fruit</p>	<p>vitamin</p>	<p>digestion</p>
<p>break down</p>	<p>good</p>	<p>potato</p>	<p>carbohydrates</p>	<p>protein</p>	<p>meat</p>
		<p>fish</p>	<p>fatty food</p>	<p>MyPlate</p>	

Glossary



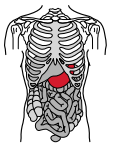
energy - the power for things and people to work



nutrients - give your body energy



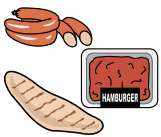
vitamins - help your body stay healthy



digestion - the way that food breaks down in your body



carbohydrates- breads, rice, potatoes, pasta and fruits



protein - meat, chicken, fish and beans



fatty foods - greasy or oily foods that are not healthy for your body



MyPlate - a daily nutrition guide that divides food into five groups; made by the USDA