

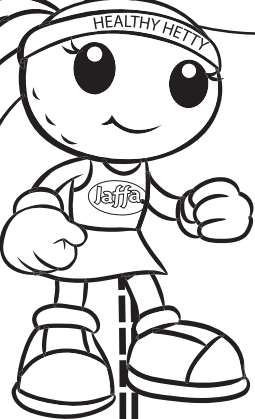
Word search

Did you know?

- Your body is like a sports car. If you fill it with the best kind of fuel, you will:
 - o have energy to grow and play
 - o fall ill less often
 - o become stronger
- You can get good fuel from eating a balanced combination of foods
- You should aim to eat five portions of fruit and veg a day

Choose 'lean' meats

We can't get enough vegetables



E	V	I	T	A	M	I	N	S	M
N	F	C	T	S	G	Z	H	I	I
E	F	A	T	S	Q	W	F	N	N
R	P	R	C	F	R	U	I	T	E
G	R	B	Q	T	U	J	B	W	R
Y	O	S	S	D	O	B	R	A	A
F	T	L	Z	Q	Y	X	E	T	L
V	E	G	E	T	A	B	L	E	S
F	I	F	P	S	N	D	V	R	F
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We need exercise every day

We love fruit

Eat 100% whole grains

Words for a word search

- **fats** – give you lots of energy
- **nutrition** – the body needs nutrients to be healthy. Different nutrients can be found in different food groups such as protein, carbohydrates, fibre, vitamins, minerals and fats
- **fruit** – eg strawberries, oranges, apples
- **vegetables** – eg broccoli, carrots, onions
- **protein** – provides amino acids that build muscles
- **fibre** – helps you digest food
- **vitamins** – needed for the body to grow
- **minerals** – needed for strong muscles, teeth and bones
- **water** – keeps your body temperature normal
- **carbs** – gives you lots of energy
- **energy** – your body needs to function properly

