

## Eat·ing the Right Foods

You know that we need food to live. What we eat di·rect·ly a·ffec·t<sup>s</sup> our health. So to be heal·thy, we must eat the right kind<sup>s</sup> of food. The right kind<sup>s</sup> of food can keep us from get·ting sick. The right kind<sup>s</sup> of food can give us en·er·gy. And the right kind<sup>s</sup> of food can help our bod·ie<sup>s</sup> grow and be strong.

What are the right food<sup>s</sup>? When d<sup>o</sup> we eat them? Peo·ple wh<sup>o</sup> stud·y food and health have put food<sup>s</sup> in·t<sup>o</sup> five dif·fer·ent group<sup>s</sup> and set guide·line<sup>s</sup> for good nu·tri·tion. Good nu·tri·tion mean<sup>s</sup> eat·ing the right di·et of food<sup>s</sup> from each of the five group<sup>s</sup> ev·ery day. The food<sup>s</sup> have vi·ta·min<sup>s</sup> and o·ther th·ing<sup>s</sup> our bod·ie<sup>s</sup> need to let us live and grow.

Have you seen the Food Pyr·a·mid on the side of Ce·re·al box·e<sup>s</sup> and some o·ther food<sup>s</sup>? If you look at it, you will see the five food group<sup>s</sup>. You will al·so see how man·y serv·ing<sup>s</sup> a day you sh·ould have. Look at this Food Pyr·a·mid and fol·low it. Stay heal·thy!