

Healthy

Foods or physical activities that help build strong bodies that are well, free from illness.

Behavior

The way that you act.

Calcium

A nutrient in milk and milk products that builds strong bones and teeth.

Bones

The hard skeleton under our skin that protects the insides of our bodies.

Vitamin A

A nutrient found in vegetables that gives us healthy skin and eyes.

Vitamin C

A substance found in the food that we eat, mostly fruits that our bodies need to help wounds heal.

B-Vitamins

Nutrients found in the Breads + Cereals group that give you energy.

Energy

The power or ability to be active; foods (like fuel) are charged into energy to make our bodies run.

Protein

A substance found in foods we eat that our bodies need for growth and repair of tissue.

Muscles

A tissue found in people that builds their strength.

Snack

A mini-meal; food eaten between meals.

Fuel

What provides energy and power to something.

