

<p>“Extra” foods</p>	<p>Foods that do not contain enough nutrients to fit into one of the five food groups.</p>
<p>Food group</p>	<p>A way to group the different foods we eat each day; a given food group will have the same main nutrient in common.</p>
<p>Healthy</p>	<p>Foods or physical activities that help build strong bodies that are well, free from sickness.</p>

Low level physical activity

An activity that does not make your heart beat fast. Examples include sitting or walking at a slow pace.

Moderate-vigorous level physical activity

An activity that makes your heart beat faster. Examples include walking at a fast pace, biking, running, swimming or jumping rope.