

Energy

Power or the ability to be active; foods (like fuel) are changed into energy to make our bodies run.

Hydration

Water provided for a person to keep a correct fluid balance in his or her body.

Main nutrient

The most important nutrient we get from a certain food group.

Nutrient

What we get from food to help our bodies grow strong, develop and stay healthy.

Protein

Substance found in foods we eat that our bodies need for growth and repair of tissues.

Variety

A range of different items from a specific group. For food groups, it implies eating several different foods each day from all five food groups.

**Vitamins and
minerals**

Substances found in the
foods we eat that our
bodies need for growth and
to work properly.