

Energy

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

“Extra” foods

Foods that do not contain enough nutrients to fit into one of the five food groups.

Food group

Way to group the different foods we eat each day; a given food group will have the same main nutrient in common.

Healthy

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

Low level physical activity

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

Main nutrient

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

<p>Moderate- vigorous level physical activity</p>	<p>An activity that makes your heart beat faster. Examples include walking at a fast pace, biking running, swimming or jumping rope.</p>
<p>Nutrient</p>	<p>What we get from food to help our bodies grow strong, develop and stay healthy.</p>
<p>Protein</p>	<p>Substance found in foods we eat that our bodies need for growth and repair of tissues.</p>

Vitamins and minerals

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