



GK

# HEALTHY AND UNHEALTHY FOOD

## What is Food?

- Anything that we eat or drink is called food.
- Food helps our body to grow.
- Food keeps us healthy.
- To be healthy we must eat good food.

# Healthy Food

- Healthy food gives us energy.
- Healthy food keeps our body fit.
- Healthy food makes our bones strong.
- Healthy food makes our teeth strong.
- Healthy food contains essential nutrients.



# What are Nutrients?

Substances in food that your body needs to function properly, to grow, repair itself and supply you with energy. The six basic nutrients are:

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals
- Water

# Unhealthy Food

- Unhealthy food is not good for our health.
- Unhealthy food gives us too much fat and sugar.
- Unhealthy food does not contain nutrients.
- Unhealthy food makes us lazy.
- Unhealthy food does not give us energy to play or stay strong.

