

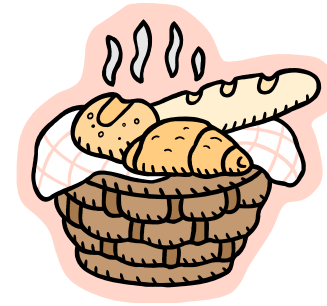


Name:

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Health and Growth

Zaner-Bloser Print



1. Water and a variety of food make us grow up healthy.
2. There are four main food groups.
3. They are Bread, Dairy, Fruit and Vegetable, and Meat Groups.
4. You need some of each for a balanced diet.
5. The bread group contains carbohydrates for fuel.
6. Fruit and vegetables contain vitamins and fiber for health.
7. Dairy foods provide calcium for strong bones and teeth.
8. Meat provides protein for strong muscles.
9. We also need a small amount of fat.
10. Too much fat, sugar and salt is unhealthy.



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