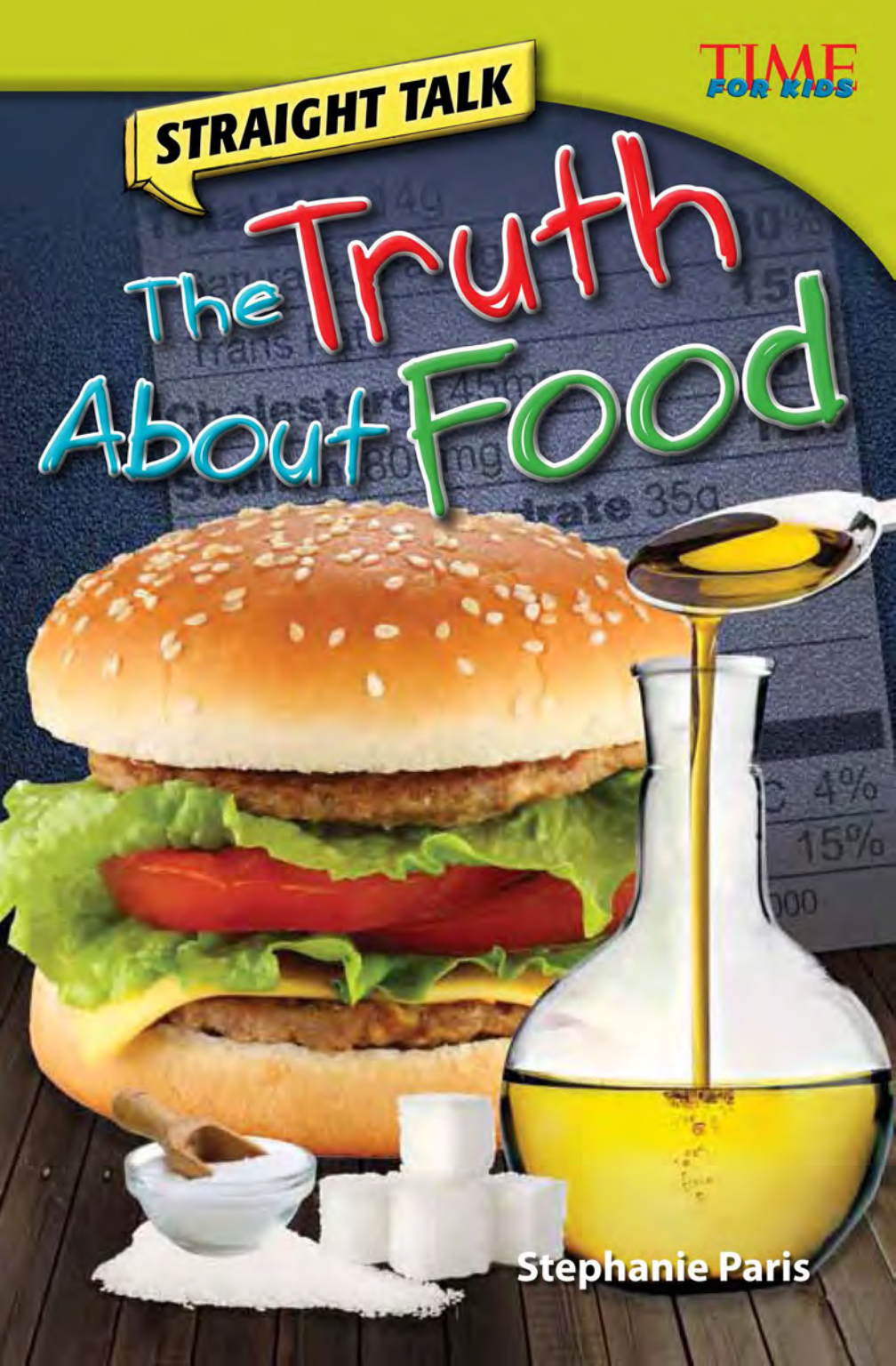
TIME FOR KIDS

STRAIGHT TALK

# The Truth About Food



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**Publishing Credits**

Dona Herweck Rice, *Editor-in-Chief*
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Lexa Hoang, *Designer*
Stephanie Reid, *Photo Editor*
Rachelle Cracchiolo, *M.S.Ed., Publisher*

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**Teacher Created Materials**
5301 Oceanus Drive
Huntington Beach, CA 92649-1030
http://www.tcmpub.com

**ISBN 978-1-4333-4857-0**

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For Review Only

# Fuel for Life

What do you like to do? Do you like to play soccer, or do you prefer to read adventure stories? Maybe you like video games, dancing, or just talking with your friends. No matter what you enjoy, your body needs energy and the right building blocks to make it. Our bodies get what they need through eating. But your body can't form the building blocks to make a healthy body if you don't eat healthy foods.

What happens when you don't eat right? Eating too much of the wrong food can be harmful. Eating too much of any food can lead to weight issues. And eating too little of the right foods can lead to poor **nutrition**. So how can we choose the right foods?



## THINK LINK

1. What kinds of foods are healthiest for your body?
2. How do you give your body energy?
3. How can you make healthier choices in your life?



For Review Only

# Every Body, Every Day

We get the nutrients we need to **thrive** in many ways. Everyone needs to drink water. Everyone needs to eat a variety of foods to stay healthy. It's also important to remember that every body is a little different. Babies need different foods than older kids. Someone who is bigger and very active will need more food than someone who is small and sits a lot. **Allergies**, body type, and personal taste all affect what we need to eat.

## COUNTING CALORIES



A **calorie** is a unit of energy. Some foods have a lot of calories. Others have very few. You can find out how many calories are in a serving by reading food packaging or looking online. Most kids need between 1,600–2,500 calories each day.

## BODY BASICS

| WHAT WE NEED | WHY WE NEED IT |
|---|---|
| **Protein** | Human bodies need **protein** to replace cells that have worn out and died. And you need protein to help you grow! |
| **Vitamins and Minerals** | Your body gets weak and sick if you don't get enough **vitamins** and **minerals**. But be careful! There are some that can make you sick if you have too much. |
| **Fatty Acids** | These are a special type of fat your body needs but cannot make on its own. |
| **Calories** | This is energy. Your body needs enough calories to do all the things you do in a day. But you don't want to eat too much, or your body may store fat. |
| **Fiber** | **Fiber** keeps your **digestive tract** clean and makes sure foods move through the system smoothly. |



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DIG DEEPER!

# HOW MUCH IS TOO MUCH?

Eating the right foods is only one part of the puzzle. It's also important to eat the right amounts.

Many restaurants like to make customers feel as if they are getting a good deal by putting a LOT of food on the plate. But that isn't healthy. Some restaurant meals serve more than an entire day's worth of calories on one plate! Check out these healthy portion sizes.



**A cup of rice is about the same size as a light bulb.**

**A bagel should be about the size of a can of tuna.**



**A single serving of meat is the same size as a deck of cards.**





**Dried fruit is high in calories. A serving is the size of a golf ball.**

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