



#### Name:

WritingWorkbooks.com

### Health and Growth D'Nealian 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.



# Water and a variety of food make us grow up healthy.

Water and a variety of food make	
us arow up healthu.	





#### There are four main food groups.

There are four main food groups.
There are four main food groups.
There are four main food groups.





# They are Bread, Dairy, Fruit and Vegetable, and Meat Groups.

They are Bread, Dairy, Fruit and
Vegetable and Meat Groups.





You need some of each for a balanced di You need some of each for a balanced di	
You need some of each for a balanced di	et.
	<i>e</i>
You need some of each for a balanced di	





#### Bread contains carbohydrates for fuel.

<u>Dreaa</u>	contains	carbohydrates	Tor	Tuel.
Bread	contains	carbohydrates	700	Alel.
Bread		carbohudra.tes		Tuel.





### Fruit and vegetables contain vitamins and fiber for health.

Fruit and vegetables contain
vitamins and Aber for health





## Dairy föds provide calcium för ströng bönes and teeth.

Dairy foods provide calcium for	
<u>strong bones and teeth.</u>	
	-





1/\^2 \rightarrow \frac{1}{2}	2•	21/ 20	2 1	<u>2</u> .//	4
/ leāt	provides	protein	TÕT	stronā	muscles.
	/	1		J	

Mea	it provides	protein f	or strona	muscles.
			J	
			<u> </u>	
/_/e	<u>at provudes</u>	<u>protein</u>	<u> Tor strong</u>	<u> </u>
	;	•	101	
/ */e	at provides	_proteur	tor strong	muscles.
	<u>i</u>			





#### We also need a small amount of fat.

We	also need	a small	amount	of fat.
14/,		Len en krijen sen [1]		
	also need	. a. small	<u> </u>	<u> </u>
	also need	l a small	amount	





$\frac{2}{\sqrt{1}}$	ÕÕ	much	fāt,	suğār	ānd	salt	25	unhealthy.

Too much tat, sugar and salt is unhealthy.

Too much tat, sugar and salt is unhealthy.

Too much fat, sugar and salt is unhealthy.

