

FRUIT

Use
Villados

VEGETABLES

Use Villads

SIMPLE CARBOHYDRATES

use
Villads

COMPLEX CARBOHYDRATES

use
Villads

FATS

Use
Villados

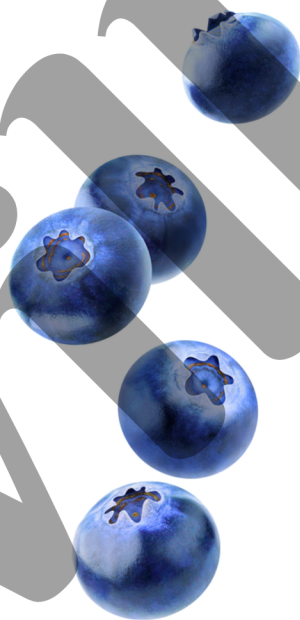
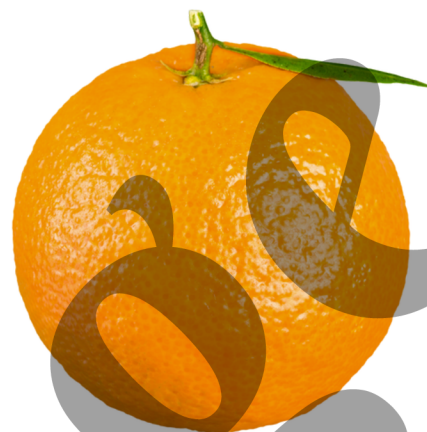
DAIRY

Use
Villados

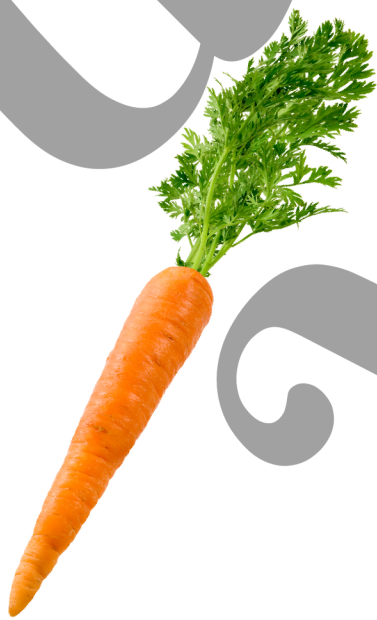
PROTEIN

Use Villads

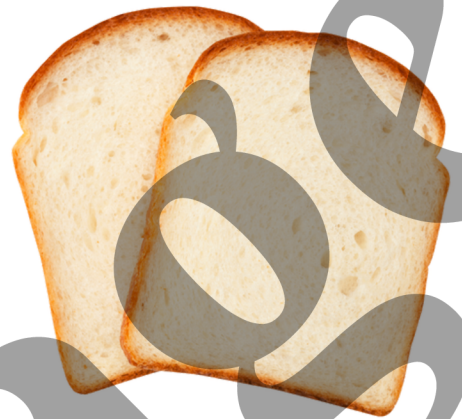
Fruits



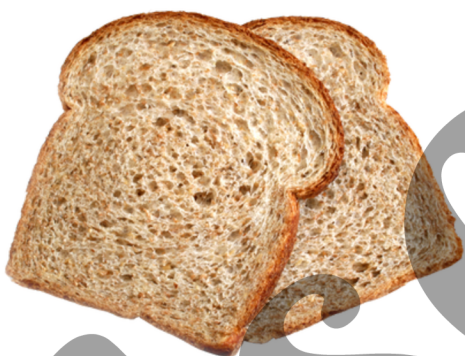
Vegetables



Simple Carbohydrates



Complex Carbohydrates



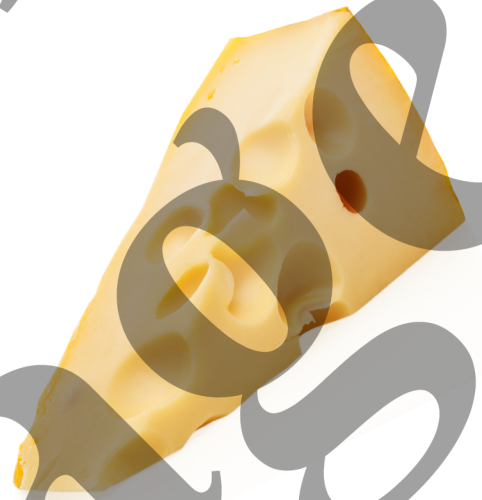
Protein



Fats



Dairy



Some foods don't fit perfectly into just one category because they do more than one job for your body. For example, cheese is part of the dairy group, but it also has protein to help build muscles and fat to give you energy. We usually categorize foods based on what they have the most of. This makes it easier to understand their main role, even though they help your body in lots of ways! For instance, beans are high in protein but also give you healthy complex carbohydrates for energy. Sorting this way helps us learn about the different jobs food does for our bodies!

Fruits

Fruits provide natural sugars for energy and are rich in vitamins, minerals, and fiber. They are especially high in vitamin C, which:

- Boosts your immune system, helping your body fight off colds and infections.

- Helps repair your skin by building collagen, which is important for healing cuts and keeping skin healthy.

Fruits like oranges and mangoes are also rich in vitamin A, which supports good eyesight and healthy skin. The fiber in fruits helps keep your digestive system moving smoothly. Examples: Apples, bananas, oranges, and berries.

Vegetables

Vegetables are packed with vitamins, minerals, and fiber, making them essential for your body.

- Calcium (found in leafy greens like kale) and magnesium help build and maintain strong bones and teeth.
- Iron (vegetables like spinach) helps your blood carry oxygen to your muscles and brain, giving you energy.
- Vitamin A (found in carrots and sweet potatoes) helps your eyes adjust to light changes and keeps your skin healthy.
- Fiber supports digestion and keeps you feeling full longer.

Examples: Broccoli, carrots, spinach, and peppers.

Simple Carbohydrates

Simple carbohydrates are quickly broken down into glucose, giving your body a fast source of energy. This helps:

Your brain think clearly, since your brain relies on glucose to work.

Your muscles move, especially during short bursts of activity like running or playing.

Examples of simple carbohydrates include candy, sodas, soda, and white bread. While they provide quick energy, the energy runs out quickly because they don't take long to digest.

Complex Carbohydrates

Complex carbohydrates are digested much more slowly, providing long-lasting energy for your body. This helps:

Help your muscles and brain work steadily throughout the day.

Contain fiber, which supports healthy digestion and helps you feel full longer.

Often include B vitamins, which help your body turn food into energy.

Examples of complex carbohydrates include whole-grain bread, brown rice, oatmeal, and beans.

Protein

Protein is essential for growth, repair, and maintenance of your body. It:

Builds and repairs muscles, skin, and bones, which is especially important after exercising or when you get injured.

Produces enzymes and hormones, which control important body functions like digestion and growth.

Helps your immune system fight off germs and infections.

Protein comes from foods like chicken, fish, eggs, beans, and nuts. It's a key nutrient for growing and staying strong.

Fats

Fats are an important energy source and play several critical roles in the body. They

- Provide long-lasting energy, especially when your body doesn't have carbohydrates available.
- Protect your organs by cushioning them.
- Help your body absorb vitamins A, D, E and K, which need fat to be used properly.

Support brain function, as your brain is made up of nearly 60% fat.

Healthy fats are found in foods like avocados, olive oil, nuts, seeds, and fatty fish like salmon.

Dairy

Dairy products are rich in calcium, vitamin D, and protein, which are essential for:

- Building strong bones and teeth, thanks to calcium and vitamin D.
- Helping muscles work properly, as calcium is needed for muscle contractions.
- Keeping your heart healthy, as calcium plays a role in your heartbeat.

Dairy foods like milk, yogurt, and cheese also contain protein, which helps repair and build body tissues. Examples: Milk, yogurt, cheese, and kefir.

