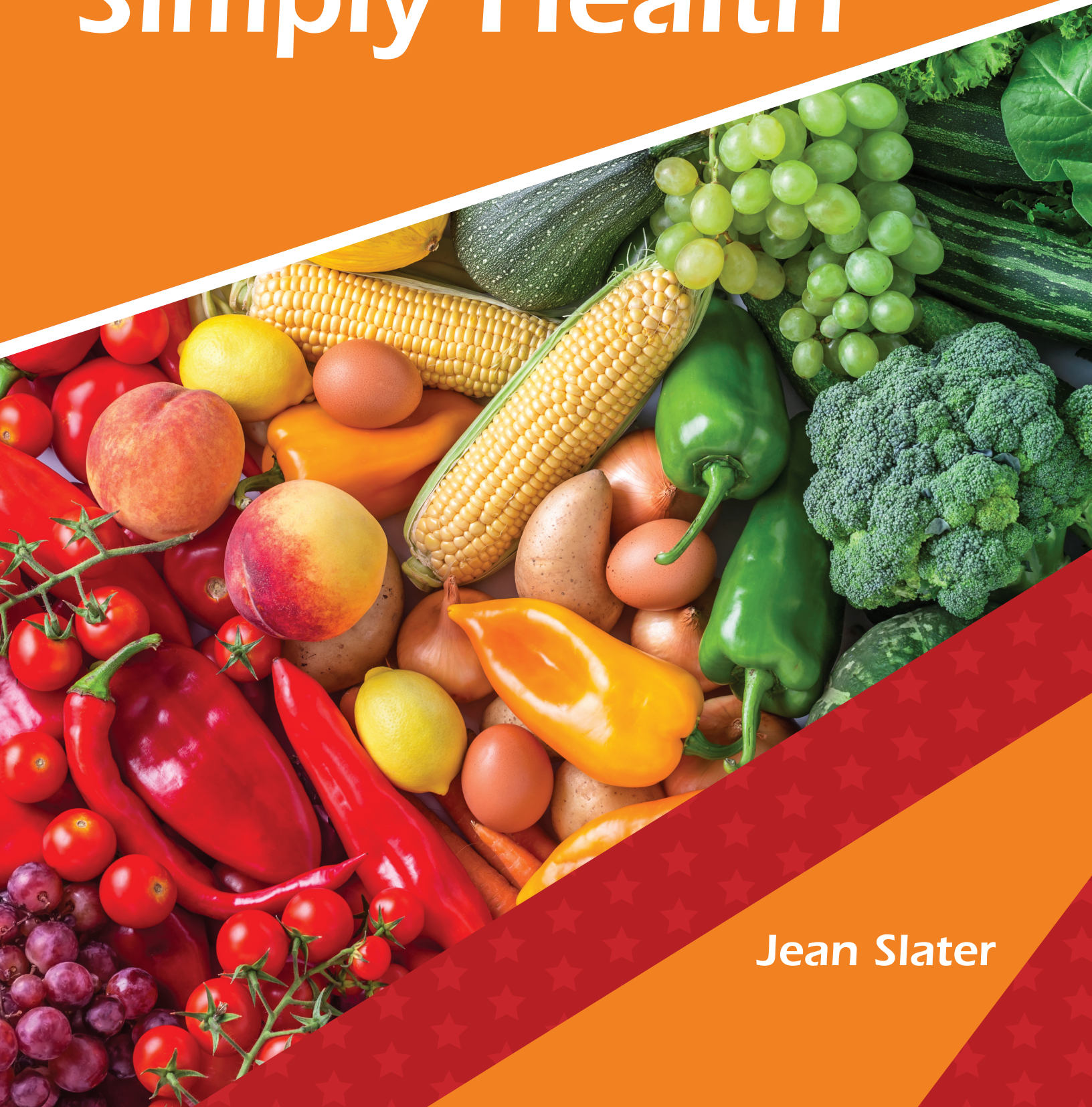


Attainment's  
**Simply Health**



Jean Slater

Attainment's  
**Simply Health**  
**Student Book**

By Jean Slater

Edited by René Zelt

Cover Design by Josh Eacret

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# Simply Health





## Vocabulary



**balanced diet**



**calcium**



**carbohydrates**



**dairy**



**dehydrated**



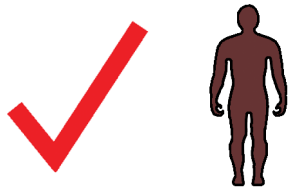
**diet**



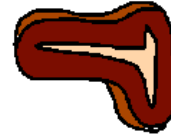
**fruits**



**grains**



**immune system**



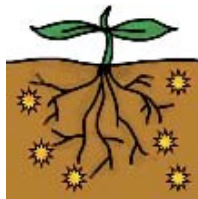
**meat**



**milk**



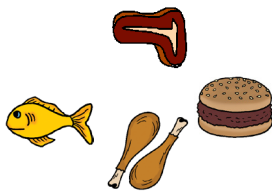
**minerals**



**nutrients**



**nutritious**



**protein**



**unhealthy**





**variety**










**vegetables**







**vitamins**

# Vocabulary Definitions

 **balanced diet**  A diet  that has  proper kinds  and

 amounts of food. 

 **calcium**  A mineral that  is in  milk and

 makes  your  bones  and  teeth  strong.

 **carbohydrates**  Found  in  grains  and  gives  your  body

 energy.





dairy

1

5



One of the five food groups with food like



milk, cheese, and yogurt.



dehydrated

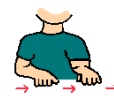


When

the



body



does



not



have



enough



water.



diet



What



you

usually



eat.



fruits

1

5



One of the five food groups with food



like

apples, strawberries,



&



and bananas.



grains

1

5



One of the five food groups with food like



&



bread, rice, and crackers.

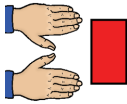


immune system



&

Protects your body from infections and



from getting sick.



meat

1

5



One of the five food groups with food



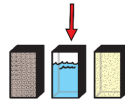
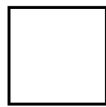
&



like chicken, steak, and ham.

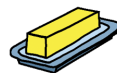


milk



&

A white liquid that people drink and



&

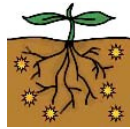


use to make butter, cheese, and yogurt.





**minerals**



Nutrients



that



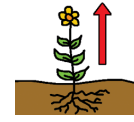
help



your



body

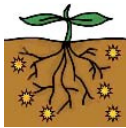


grow

**&**



and stay healthy.



**nutrients**



Something that is needed to stay strong

**&**



and healthy.



**nutritious**



Foods

that are healthy



**&**



and good for you.



**protein**



Found

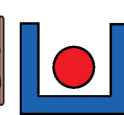


in meat

**&**



found



in



hair,



blood,







muscles,










**&**









cells.

 **unhealthy**  Foods  that are  not  good for  you.







 **variety**  Many  different  kinds.








 **vegetables**  One of the  five  food groups with  food  
 like carrots,  broccoli,  and  corn.



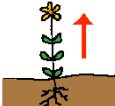




 **vitamins**  Nutrients  that  are needed for  good  health.

















# Eating Healthy







 Think about your favorite food. Is it pizza,
 





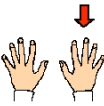


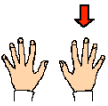


 ice cream, apples, or
 





 We need food

 to help us
 





 and stay healthy. The









 foods you eat every day are called your **diet**.

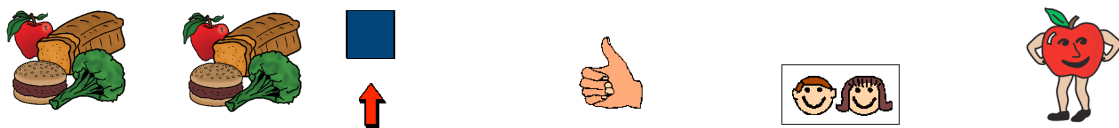






 A diet is what you normally eat. It is important







 to eat a balanced diet. That means you are eating







 the right kinds and the right amounts of food.



Some foods are better for our bodies than other



foods. Foods that are good for us are **nutritious**.



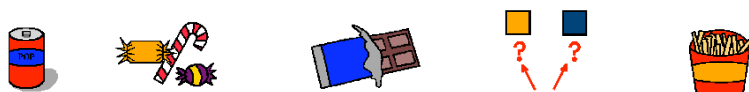
Nutritious means healthy. Some nutritious foods are apples,





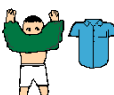





oatmeal, cheerios, or carrots. Some foods are not very



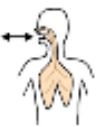
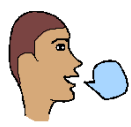




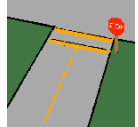
good for us. These are **unhealthy foods**. Unhealthy foods









are sodas, candy, chocolate, or french fries.

Your body changes the food you eat into energy.

Breathing, talking to your friends, running around the block,

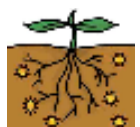






& and even sleeping all take energy. Your body uses



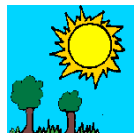




nutrients to make this energy. All foods have nutrients





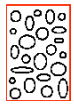


in them, but not all foods have the same

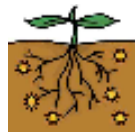
nutrients. That is why it is important to eat a **variety**

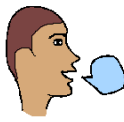
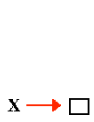
of foods every day. When you eat a variety of

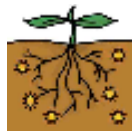
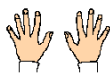
foods it means you are eating many different foods.



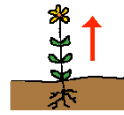
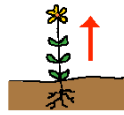
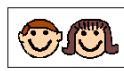
**Nutrients** are what your body needs to think,



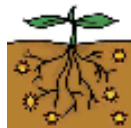
move, talk, listen, breathe, and many other things.



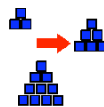
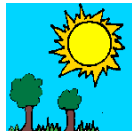
Having the right nutrients in our bodies keeps us



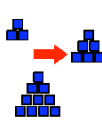
healthy and strong. We grow and develop because



our body uses the nutrients in our food. Every



day we must eat more nutritious foods so our



bodies can make more energy.





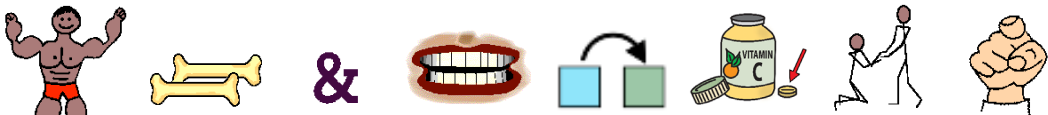
## What Are the Nutrients Your Body Needs?



**Vitamins** help every part of your body. There



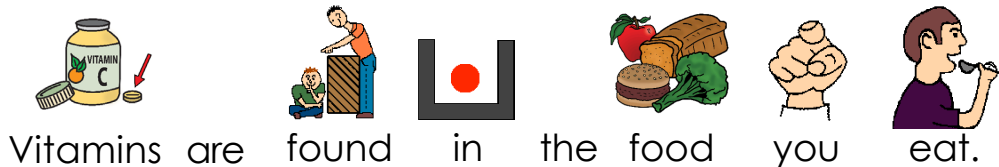
are many different vitamins. Some vitamins help you grow



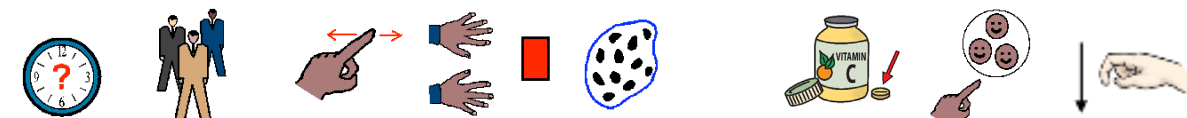
strong bones and teeth. Other vitamins help you



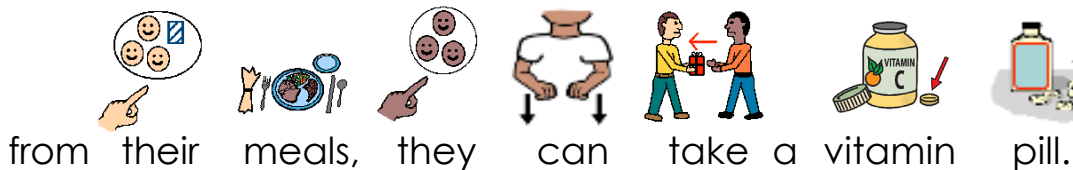
see at night, and some keep colds and coughs away.



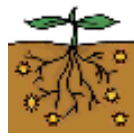
Vitamins are found in the food you eat.



When people do not get all the vitamins they need



from their meals, they can take a vitamin pill.



**Minerals** are also nutrients that your body needs.



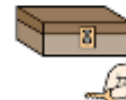
**Iron** is a mineral that helps move air from your



lungs to the rest of your body. **Calcium** is a mineral that



builds strong bones and teeth. The mineral zinc helps



heal cuts. Potassium is a mineral that keeps your



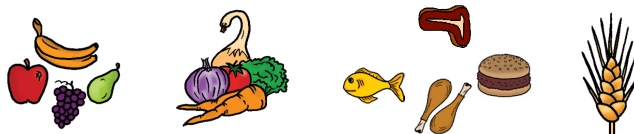
muscles strong.



## The Five Food Groups

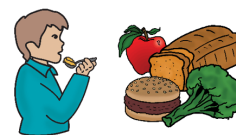


The foods we eat are categorized into five food groups.

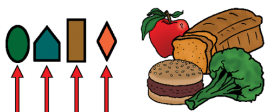


The five food groups are fruits, vegetables, proteins, grains,

&



and dairy. To eat a balanced diet, you should eat foods



from each food group. Colors are used to represent the



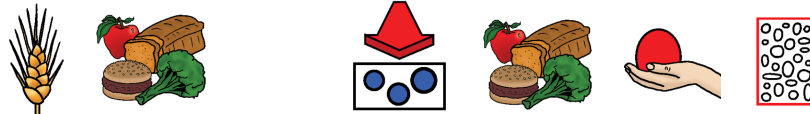
purple for proteins, orange for grains, and blue for dairy.



Grains come from the seeds of plants and are used



to make different foods. Bread, noodles, crackers, and rice



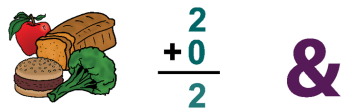
are part of the grain food group. These foods have lots



of **carbohydrates**. Carbohydrates give your body energy.



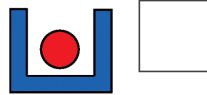
There are two different kinds of carbohydrates in



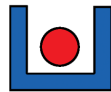
food: **simple** and **complex**.



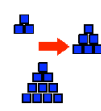
$$\begin{array}{r} 2 \\ +0 \\ \hline 2 \end{array}$$



Simple carbohydrates are in white sugar, fruits, and milk.

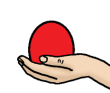


Complex carbohydrates are in bread, crackers, and

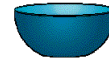


rice. Complex carbohydrates give you more energy

$$\begin{array}{r} 2 \\ +0 \\ \hline 2 \end{array}$$



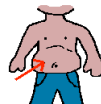
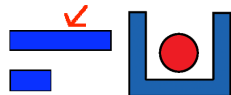
than simple carbohydrates because they have vitamins and



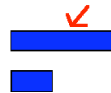
minerals that make you feel full. A bowl of oatmeal



has more complex carbohydrates than a donut, so the oatmeal



will last longer in your stomach than the donut and










keep you full longer.
















 Eating healthy carbohydrates will make your heart








 stronger and healthier as you get older. To have a










 healthy diet you need to eat foods made with grains.