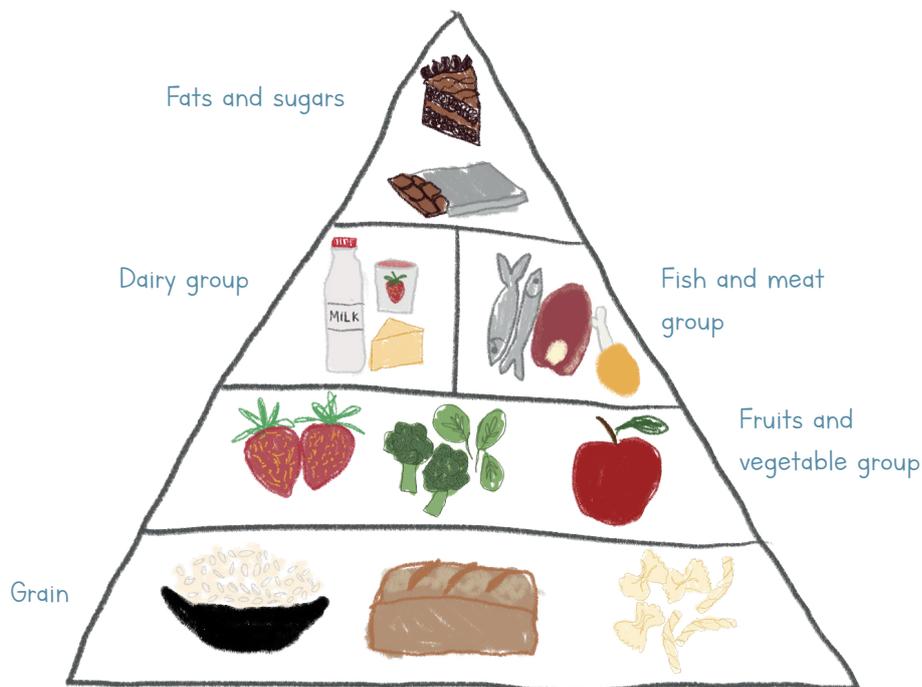# Healthy Eating

Pasta gives you energy

Broccoli and spinach help you to grow strong

There are different food groups. We need to make sure that we have a balanced diet to help us be healthy.

Fats and sugars

Dairy group

Fish and meat group

Fruits and vegetable group

Grain

Drinking water is important because:

1. It keeps bones, joints and teeth healthy.

2. It helps your blood circulate.

3. Being well hydrated improves mood, memory and focus.