

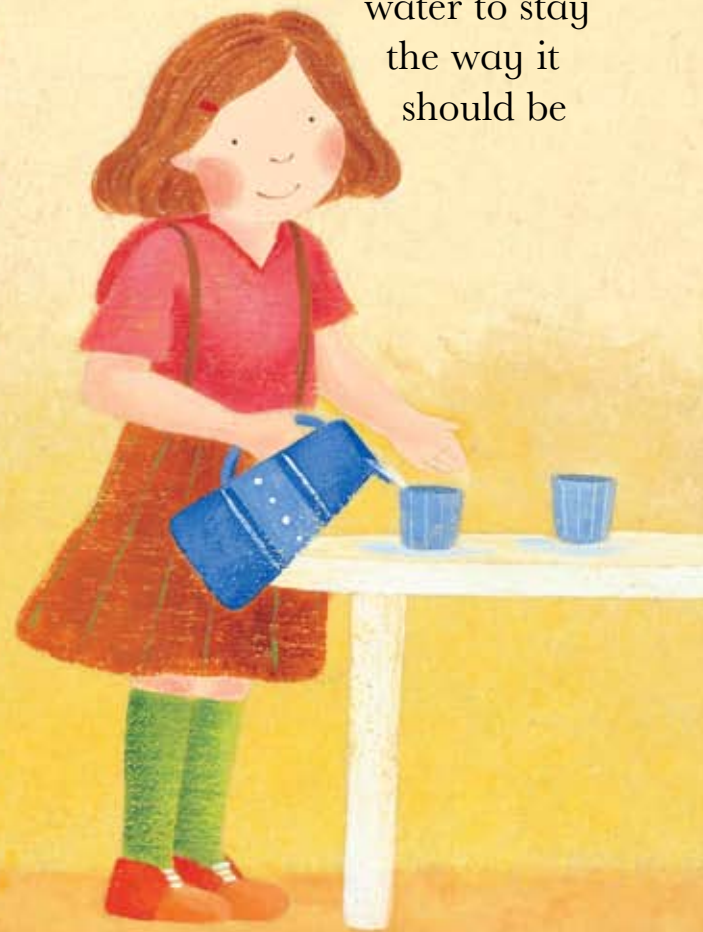
Building blocks

Have you ever played with blocks? Then you will know the right kind of blocks to make a good building. Only then can you make it grow tall and strong.

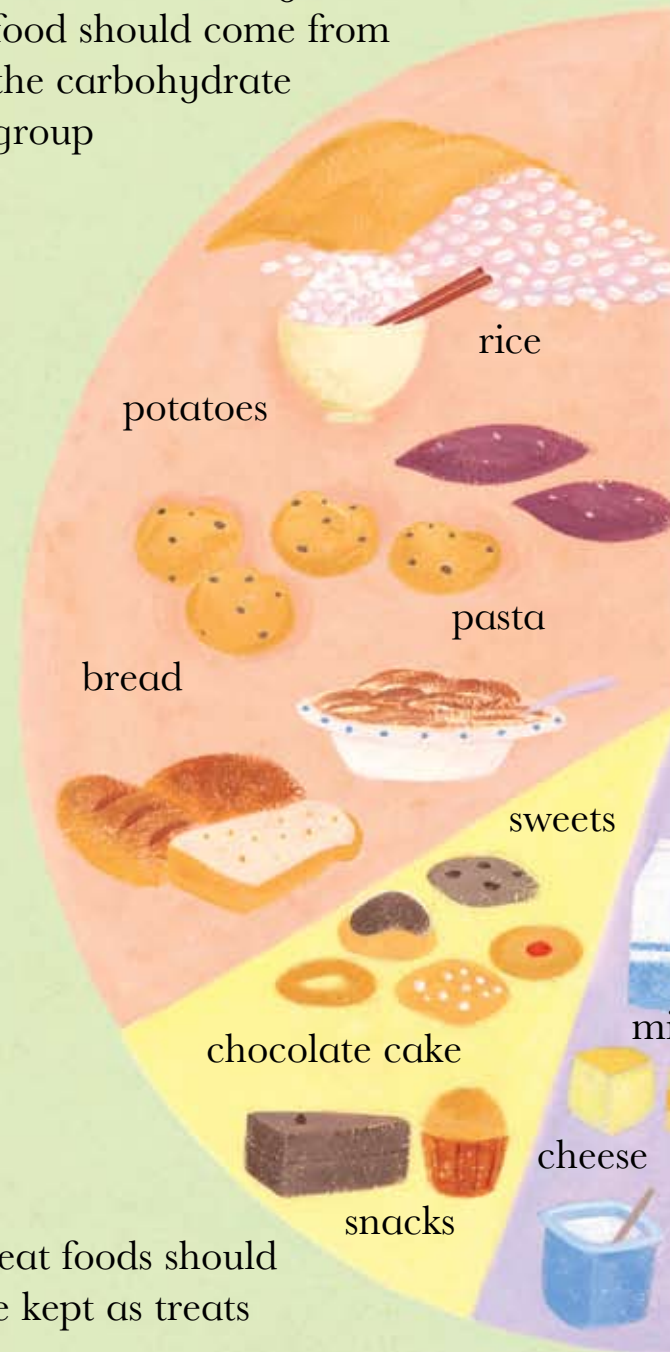
Your body needs the right materials to grow. You need to eat and drink all the different kinds of things it needs. The list of these things would be very long, but there is an easy way to get them all: eat a variety of foods from the big food groups.

Remember, too, that your body is mostly water. Drink several glasses every day.

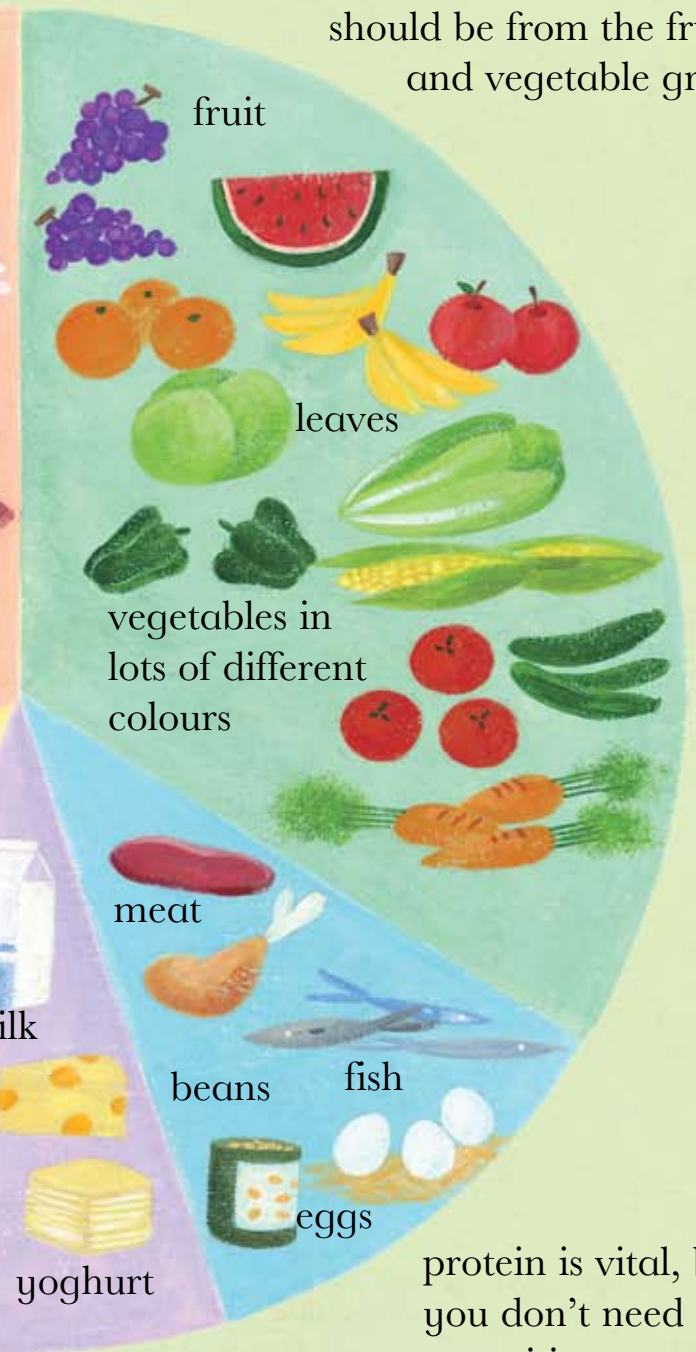
your body needs water to stay the way it should be



about a third of your food should come from the carbohydrate group



about a third of your food should be from the fruit and vegetable group



treat foods should be kept as treats

dairy products help bones grow strong

protein is vital, but you don't need huge quantities

*Are you eating the right variety of foods?
What would you choose to get the balance just right?*