



Food – a fact of life

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We all need to eat and drink every day.

But why?



Why do we need food and drink?

We need food and drink to **grow**.

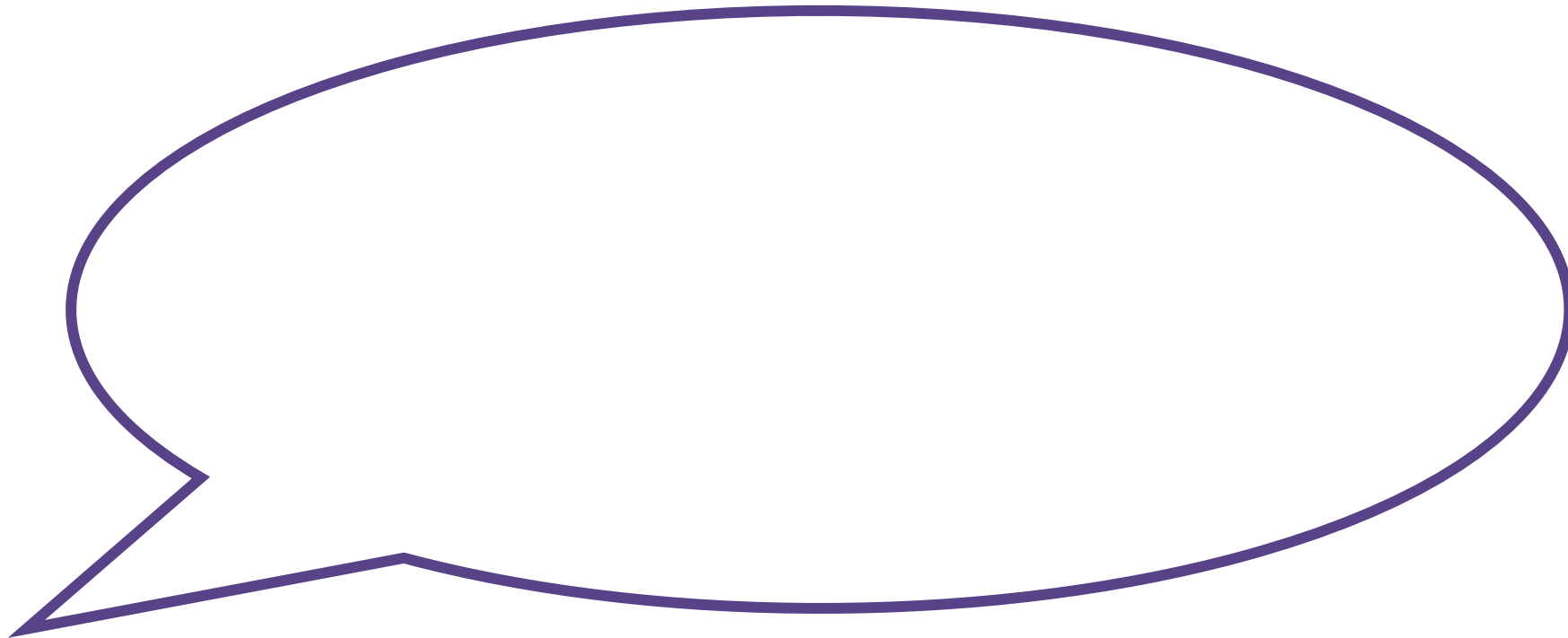


Why do we need food and drink?

We need food and drink to **be active.**



What activities do we do?



Why do we need food and drink?

We need food and drink to **stay healthy**.



We need different types of food.

We should have lots of fruit and vegetables.



What can you see here?

We need different types of food.

We should have food like potatoes, bread, rice and pasta.



Did you have any of this food yesterday?

We need different types of food.

We should have food like milk, cheese and yogurt.



Which of these is your favourite?

We need different types of food.

We should have food like beans, pulses, fish, eggs and meat.



Can you name each food here?

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We need lots of different food to:



Grow



Be active



Be healthy

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For further information, go to:
www.foodafactoflife.org.uk