



# Why Do People Need Food?



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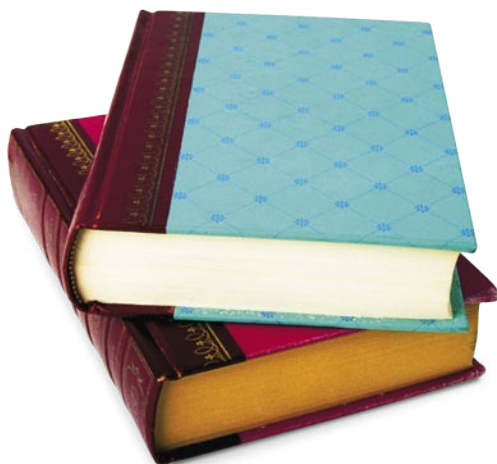
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## **Energy and the Sun**

Do you play soccer? Do you draw pictures? Do you read?

You need energy to do things.

 **Energy** causes change. You need energy to run. You need energy to move your hand and draw. You need energy to move your eyes and read.



You need energy to use these things.







Plants get energy from the sun. Then people get energy from plants.

■ All living things need energy. Most energy comes from the sun. Sunlight helps plants grow. When people eat plants, they get energy that came from the sun.



**SEQUENCE** Think of a sunflower and the sun. Which gives energy to the other?

## Food and Energy

You need food. Food gives you energy. You use energy to do things each day.

Food gives you energy to play baseball, draw pictures, and read.

Healthful food makes your body strong. It makes you grow.

Energy from healthful food helps you stay healthy. Then you can do all the things you do each day.



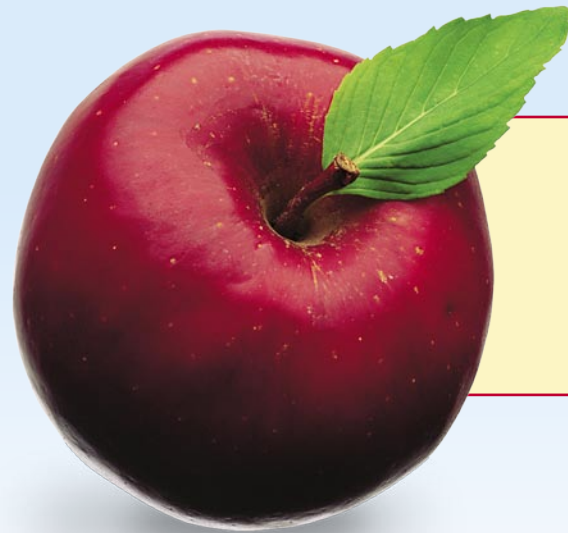
### CAUSE AND EFFECT

How does healthful food help a baseball player?

#### Fast Fact

You breathe when you sleep. You roll over when you sleep. You use energy even when you sleep!

You need food for energy. You need energy to play baseball.




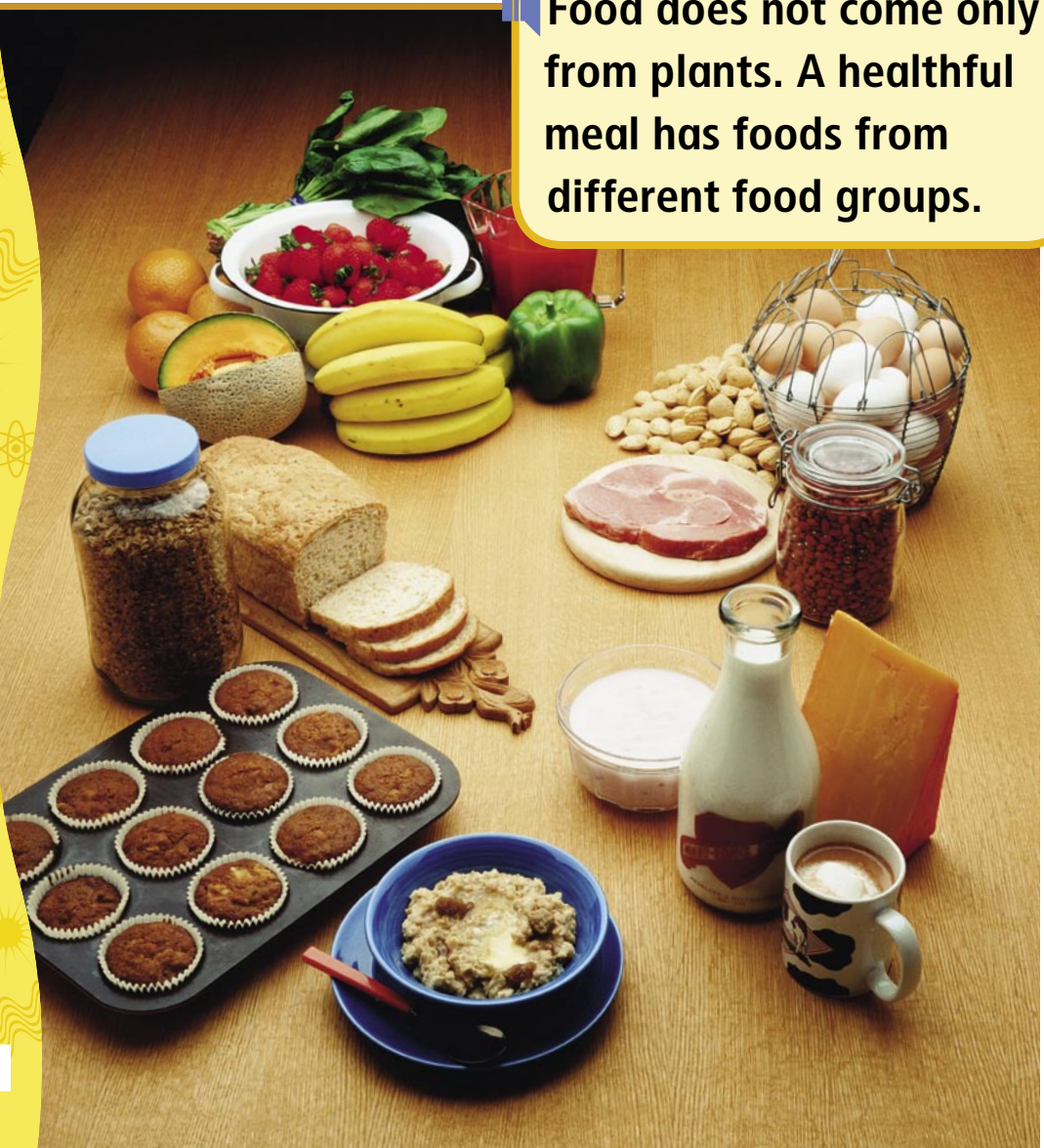
**ENERGY**



# The Food Groups

It is easy to eat healthful food. Just choose foods from the healthful food groups. A **food group** is one kind of food you need to eat to stay healthy.

 Food does not come only from plants. A healthful meal has foods from different food groups.



What are some food groups? Bread, cereal, rice and pasta are one group. Meat, cheese, poultry, fish, dried beans, eggs, and nuts are another group.

**Fast Fact**

Milk, yogurt, and cheese help keep your teeth and bones healthy.



**MAIN IDEA AND DETAILS**

Use each of the food groups on these pages. Which meals can you make?


Yogurt and cheese are made from milk. We get milk from cows.





# **Fruits and Vegetables**

Fruits are a food group. You need to eat fruits every day.


You could eat an apple,  banana, or an orange.

There are many kinds of fruit to eat.

## ***Fast Fact***

A tomato and an avocado are both fruits!



 This food group has many choices.



We cook some vegetables and eat others raw.

Vegetables are a food group. You need to eat vegetables every day. You could eat spinach, broccoli, or carrots.



**MAIN IDEA AND DETAIL** What are some kinds of vegetables?

## **Eating from Each Group**


Your body needs food from each of the healthful food groups. It is not good to eat from only one or two food groups. Each group helps your body stay healthy.



**CAUSE AND EFFECT** What happens if you eat healthful foods?



### **Shopping List:**

-  **beans**
-  **bread**
-  **carrots**
-  **milk**
-  **chicken**
-  **cheese**
-  **apples**



**This shopping list has foods from different food groups.**



Eating healthful foods  
gives you the energy  
you need to enjoy a  
playground!


## **Summary**


Most of Earth's energy comes from the sun. People, plants, and animals need energy to live. Plants get energy from the sun. People get energy from eating healthful food.









## **Glossary**

 **energy** Something that can cause change. Most energy on Earth comes from the sun. (2, 3, 4, 5, 10, 11)

 **food group** One kind of food that you need to eat to stay healthy (6, 7, 8, 9, 10, 11)

## **Think and Write**

-  **1.** Where do people get energy?
-  **2. CAUSE AND EFFECT** Why do living things need the sun?
-  **3. MAIN IDEA AND DETAILS** What are some of the ways you might use energy today?
-  **4.** Write a letter to a friend. Tell why it is good to eat healthful foods.

## **Hands-On Activity**

Work in a small group. Make a plan for a day of healthful eating. Use the pictures in this reader to help you.

## **School-Home Connection**

Share this reader with someone at home. Talk about ways your family can eat foods that are healthful.