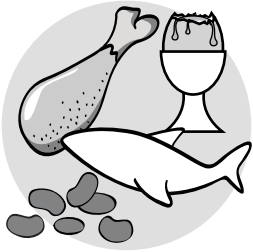


## Different foods do different jobs

Match the food groups with the jobs that they help our bodies with.



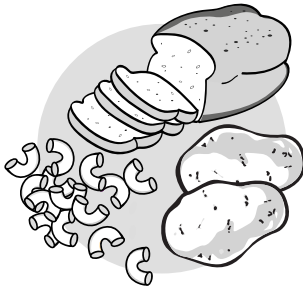
**We must drink lots of water every day, especially after exercise.**



**Protein helps your bones and muscles grow and stay healthy**



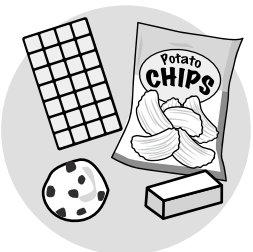
**We need some of these foods to give us energy and help our bodies work but too much can make us fat.**



**These foods are called carbohydrates and give us energy to work and play.**



**These foods help our digestive system work properly and contain lots of vitamins and minerals that are important for the body.**



**These foods are called dairy foods and we need some of these foods to make our bones strong.**