

# NUTRITION - FOOD FOR LIFE!

God provides us with the food we need to live healthfully.

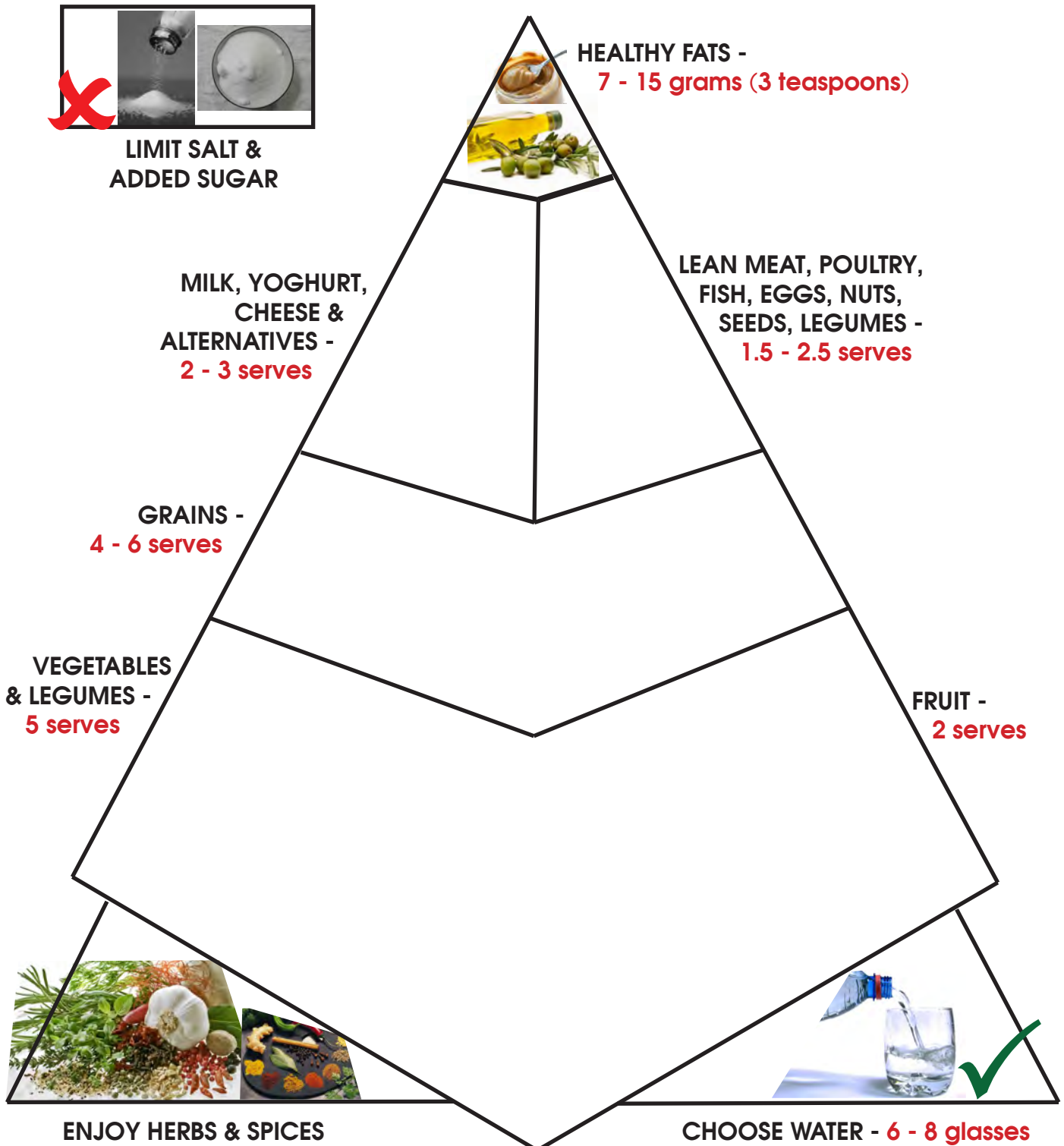
Food helps us to **GO**, **GROW** and **GUARD** our bodies from disease.

The healthy eating pyramid gives us a picture of good foods to eat.

*(The standard servings are those suggested for children aged 6 - 12)*

Remember to eat a variety of different colours and textures.

**Eat a rainbow every day!**



***Cut out the pictures on the next page or  
draw your own pictures to fill in your healthy eating pyramid***

# FOOD PICTURES FOR PYRAMID

