

# Food – a fact of life



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We all need to eat  
and drink everyday.

But why?



# Why do we need food?

We need food to ... **grow**

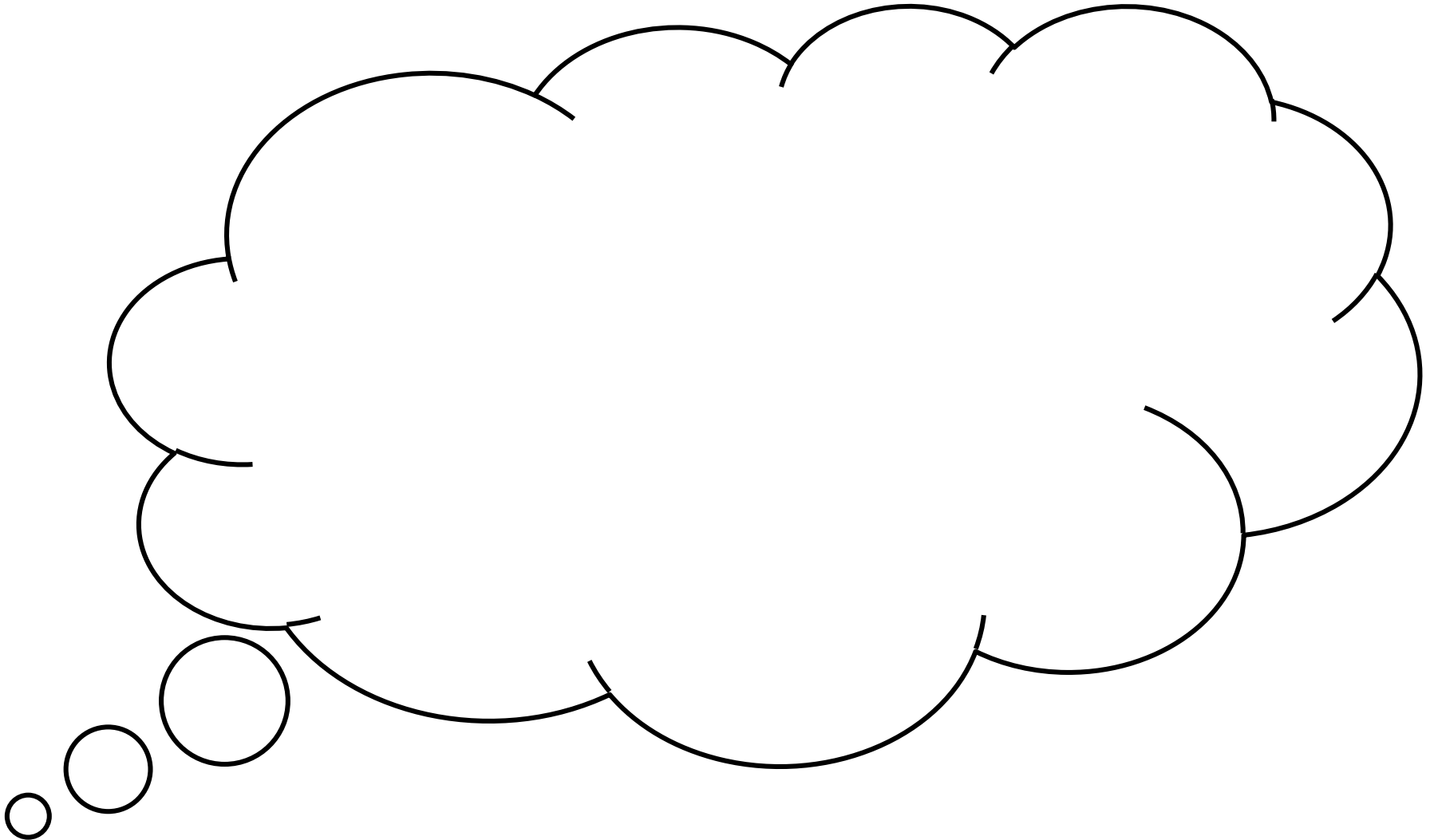


# Why do we need food?

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



# What activities do we do?





# Why do we need food?

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



# We need a range of different types of food

We need fruit and vegetables.



# We need a range of different types of food

We need bread, breakfast cereals and potatoes.





# We need a range of different types of food

We need milk, cheese and yogurt.



# We need a range of different types of food

We need meat, fish, eggs, beans and nuts.



# Food – a fact of life

We need lots of different foods to:

grow



be active



be healthy



For further information, go to:  
[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

