

# Health & Nutrition



## Fuel Your Engine

Your body is a high-tech machine. Just like a car needs gas to go, you need food for energy. Without energy, you couldn't run or play. Food gives you two things:

- Energy to move and do things;
- Nutrients to help you grow and stay healthy

Nutrients are chemical substances that your body gets from the food you eat. Each nutrient has a different job to do.

### *Nutrients ... Why do we need them:*

Can you draw a line between the nutrient and their function?

Vitamin A	Builds and repairs muscles and other parts of the body
Vitamin C	Regulates body temperature
Calcium	Energy to grow and move
Fat	Helps heal cuts
Iron	Helps you see in the dark
Protein	Builds strong bones and teeth
Carbohydrates	Gives you energy and carries some vitamins
Water	Helps your blood carry oxygen throughout the body

## Additional Resources

- [Mealtime Manners](#)
- [My Pyramid: Steps to a Healthier You](#)
- [Seven Ways to Size Up Your Servings](#)
- [Word Search Puzzle](#)
- [Who Am I?](#)
- [Healthier Choices for Healthier Families newsletters](#)