

CHAPTER 35

In the last chapter, you learned how important your immune system is to your survival. This week, you are going to learn how to keep your immune system strong and ready to protect you!

By far, the best way to keep a machine running is to give it the right kind of fuel. And since your body acts very much like a machine, it is your job to put the right kind of fuel into your body!

Your **diet** (all of the stuff you eat and drink) should contain everything your body needs to keep it healthy and happy!

But what does my body need?

(No...it is not just candy and soda!)

Your body needs a **well-balanced diet** of healthy foods.

A well-balanced diet contains the right amount of foods your body needs to survive.

A well-balanced diet does not mean you can eat a bowl of candy and then eat the same amount of fruit to be "balanced"...



It does not work this way!

Scientists have given us a list of what our bodies need to stay healthy. This is a diet that is known as the **food pyramid**.

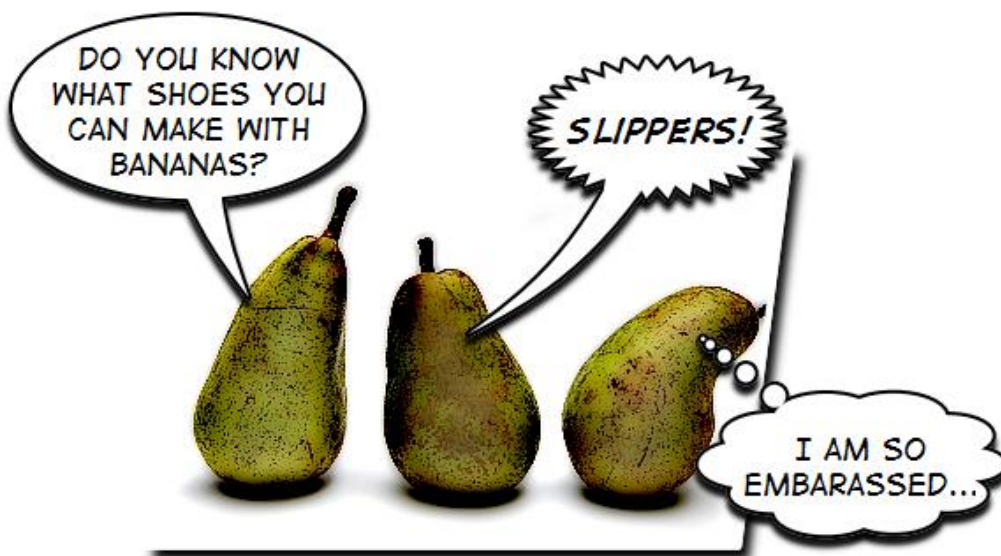
The food pyramid contains a list of healthy foods (and their amounts) you should eat every day. Scientists followed these rules when they created the food pyramid:

Eat a lot of different kinds of foods.

Every food we eat has different kinds of nutrients in them. So you have a better chance of getting all of the nutrients you need if you eat a lot of different kinds of food.

Eat a lot of fruits, vegetables and grain products.

Many of the nutrients your body needs can be found in these foods. Grains include pasta, rice and whole grain breads!



Do not eat much fat, salt and sugar.

A diet low in fat can help you keep a healthy weight! Too much salt and fat in your diet is not good for you. It can damage your heart and blood! And, I'm sorry to tell you this, but...Sugar is also not good for your body! Sugar does not have many nutrients for your body to use!

But why do they call it a pyramid?

The parts of the food pyramid have been put together in a way that looks like a pyramid...

Fats, Oils and Sugar



VERY FEW!!!

Milk and Cheese



2 TO 3

Meats, Eggs, Nuts and Beans



2 TO 3

Fruits



2 TO 4

Vegetables



3 TO 5

Breads and Grains



6 TO 11

This diet has been put together with the smallest amount of foods you should eat (fats, oils and sweets) on the top of the pyramid. The largest part of the pyramid is on the bottom. Here you will find the largest number of foods you should eat everyday (grain products).

From the picture, you can see that you should be eating these foods every day:

- Small amount of fats, oils & sweets
- 2 to 3 servings of milk, yogurt & cheese
- 2 to 3 servings of meat, **poultry** (this means chicken, turkey or other birds), fish, beans, eggs and nuts
- 3 to 5 servings of vegetables
- 2 to 4 servings of fruits
- 6 to 11 servings of bread, cereal, rice, & pasta



So what is a "serving"?

One **serving** is a certain measurement of food or drink that you should eat in one meal. For example, a large plate of spaghetti would count as two or three servings of pasta! On the next page you will find the servings for many different kinds of foods.

Before you read this list, you will need to know what an **ounce** means... an ounce is a way to measure the weight of an object. For example, you can have a book that weighs 16 ounces. While you are reading these servings, you will find foods that are measured in ounces.

Here is a hint for you to use... Go get ten pennies and put them into your hand. The weight of these pennies is one ounce!

**An ounce
is not
very
heavy!**

Be prepared for Apple Gangs



MOST GANGS OF APPLES ARE FLIN, EASY GOING BAGS OF FRUIT. HOWEVER, WHEN THEY BECOME ANGRY YOU SHOULD KNOW HOW THEY ATTACK!



IF THEY BEGIN TO SURROUND YOU, THERE IS NOT MUCH YOU CAN DO...



Serving sizes for foods to be eaten every day

Fats, oils and sweets

Try to eat only a small amount of butter, gravy, salad dressing, sugar, jelly, candy and soda

Milk, Yogurt, and Cheese

(2 to 3 servings per day)

One serving of these foods is...

1 cup of milk or yogurt or 1-2 ounces of cheese

Meat, Poultry, Fish, Beans, Eggs and Nuts

(2 to 3 servings per day)

One serving of these foods is...

2-3 ounces of cooked meat, poultry, or fish or 1/2 cup of cooked dry beans or 1 egg or 4 tablespoons of peanut butter

Vegetables

(3 to 5 servings per day)

One serving of these foods is...

1 cup of raw leafy vegetables (like spinach!) or 1/2 cup of other vegetables, cooked or raw or 3/4 cup of fruit juice or 3/4 cup of vegetable juice

Fruits

(2 to 4 servings per day)

One serving of these foods is...

1 medium apple, banana, orange or 1/2 cup of chopped, cooked, or canned fruit

Grain products

(6 to 11 servings per day)

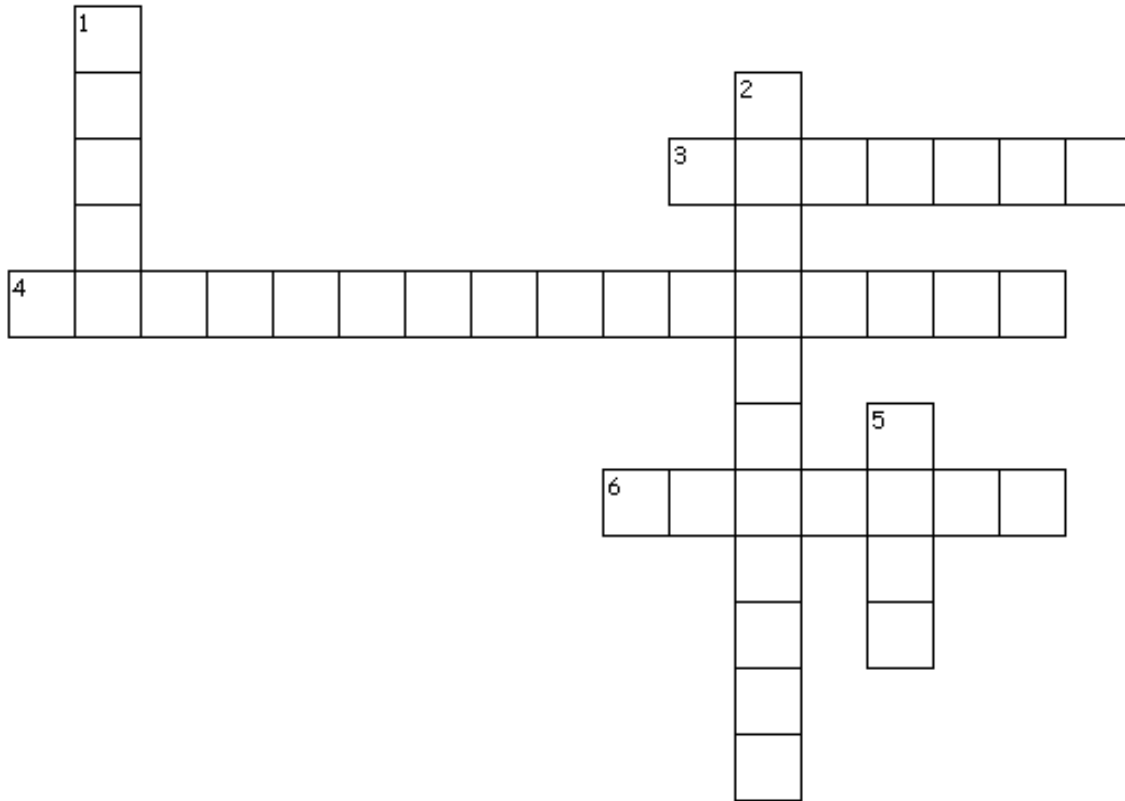
One serving of these foods is...

1 slice of bread or 1 ounce of cold cereal or 1/2 cup of cooked cereal, rice, or pasta

A balanced diet of these foods every day will keep your body healthy. Your immune system will be healthy too! So far, you have learned about what is good to put into your body.

In the next chapter, you are going to learn about things that hurt you if they get into your body.

Place the answers to the following clues in the boxes below. Each box should contain one letter.



Across

3. chicken, turkey or other birds
4. the right amount of foods your body needs to survive
6. a certain measurement of food or drink that you should eat in one meal

Down

1. a way to measure the weight of an object
2. this guide contains the best information to follow when you want to eat healthy
5. the stuff you eat and drink

Match the words in the first column to the best available answer in the second column.

- | | |
|--------------------------|--|
| _____ Diet | 1) the right amount of foods your body needs to survive |
| _____ Well-balanced diet | 2) a certain measurement of food or drink that you should eat in one meal |
| _____ Food pyramid | 3) the stuff you eat and drink |
| _____ Poultry | 4) this guide contains the best information to follow when you want to eat healthy |
| _____ Serving | 5) a way to measure the weight of an object |
| _____ Ounce | 6) chicken/turkey or other birds |

Is this a well-balanced diet? If not, list what should be added or taken away make it a well-balanced diet.

Breakfast

One cup of milk
 Three ounces of cold cereal
 One cup of fruit

Lunch

One peanut butter sandwich
 (with four tablespoons of peanut butter)
 One banana
 $\frac{3}{4}$ cup of fruit juice

Dinner

Three ounces of cooked chicken
 One cup of cooked corn
 One cup of cooked pasta

Food to be added	Food to be taken away