

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.

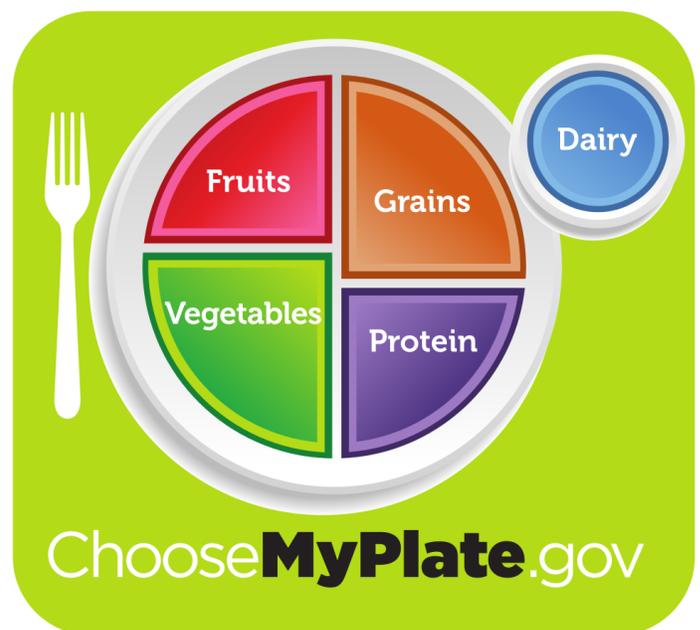
A well-balanced diet does not mean you can eat a bowl of candy and then eat the same amount of fruit to be “balanced”...

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 **MyPlate guide**. This guide contains a list of healthy foods (and their amounts) you should eat every day.

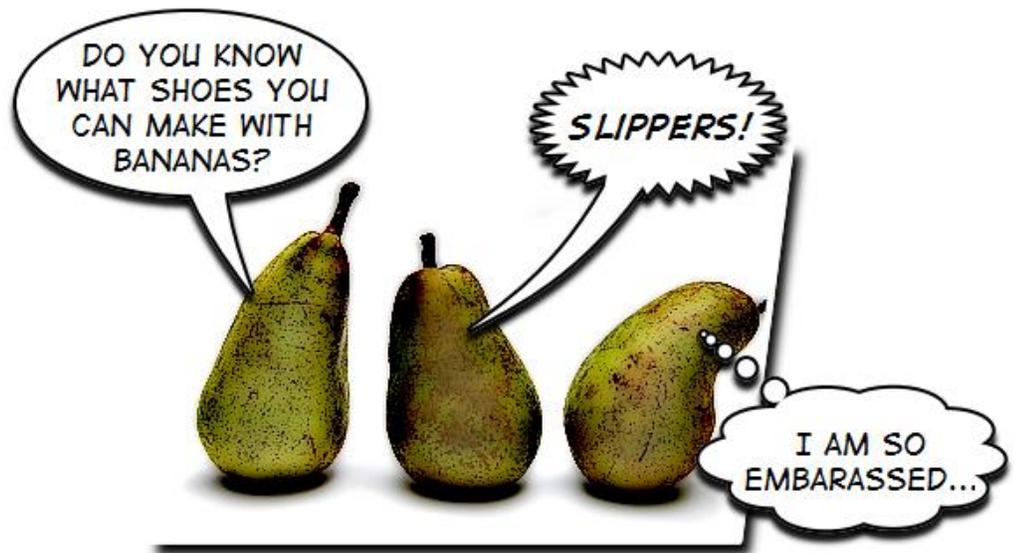
As you can see, it is in the shape of a plate with four different areas:

Fruits, Vegetables, Grains, and Proteins. A small cup has been added that includes a small amount of dairy that should also be with your meal. When food scientists created MyPlate they included a few simple rules for you to follow:



Half of your plate at each meal should be made up of fruits and vegetables

Every food we eat has different kinds of nutrients in them. And many of the nutrients your body needs can be found in



fruits and vegetables. So you have a better chance of getting all of the nutrients you need if you eat a lot of different types of these foods.

A small amount of dairy should be eaten with each plate

Dairy products include milk, yogurt, or cheese. Much like with your fruits and vegetables, MyPlate suggests that you change the types of dairy you eat often and to watch out for dairy products with a lot of fat. This leads us to our next section...

About half of your plate that is left over should include a grain and a protein

Grains include pasta, rice and whole grain breads. Protein can be found in meats, seafood, peanut butter, eggs, and other good things you will learn about real soon.



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!

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 may count as two or three servings of pasta. On the next page you will find the servings for many different kinds of foods that are measured in cups or **ounces**.

Before you read the servings list, you will need to know what an ounce means. An ounce is a way to measure the weight of an object. For example, a single slice of bread weighs one ounce.

While you are reading these servings, you will find foods that are measured in ounces.

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...



MyPlate Daily Food Plan for Kids (ages 9-13)

Protein (5 ounces per day)

Servings of protein may include:

1 ounce cooked/canned lean meats, poultry, or seafood; or 1 egg; or 1 tablespoon peanut butter; or $\frac{1}{4}$ cup cooked beans or peas; or $\frac{1}{2}$ ounce nuts or seeds

Dairy (3 cups per day)

Servings of dairy may include:

1 cup milk; or 1 cup yogurt; or 1 cup fortified soy beverage; or $1\frac{1}{2}$ ounces natural cheese or 2 ounces processed cheese

Vegetables (2-2½ cups per day)

Servings of vegetables may include:

1 cup raw or cooked/canned vegetables; or 2 cups leafy salad greens; or 1 cup 100% vegetable juice

Fruits (1½ cups per day)

Servings of fruit may include:

1 cup raw, frozen, or cooked/canned fruit; or $\frac{1}{2}$ cup dried fruit; or 1 cup 100% fruit juice

Grain products (5-6 servings per day)

Servings of grains may include:

1 slice bread; or 1 ounce ready-to-eat cereal; or $\frac{1}{2}$ cup cooked rice, pasta, or cereal

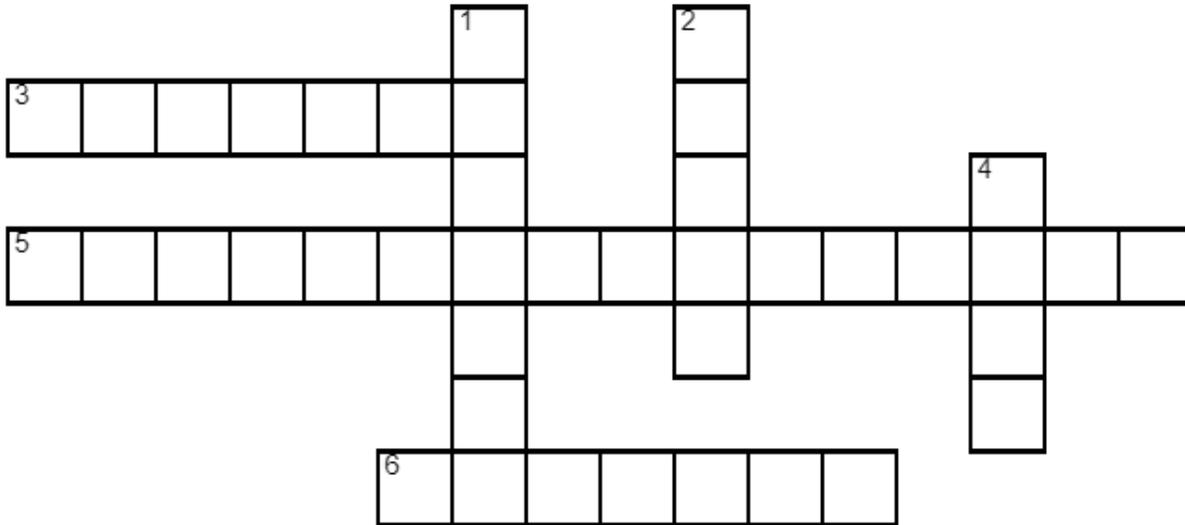
Fats, oils and sweets

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

A balanced diet of these foods every day will keep your body healthy. 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
5. 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. this guide contains the best information to follow when you want to eat healthy
2. a way to measure the weight of an object
4. 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 |
| _____ MyPlate guide | 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
 (with one cup of milk)

Lunch

One peanut butter sandwich
 (with four tablespoons of peanut butter)
 One banana
 1/2 cup of fruit juice

Dinner

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

Servings to be added	Servings to be removed