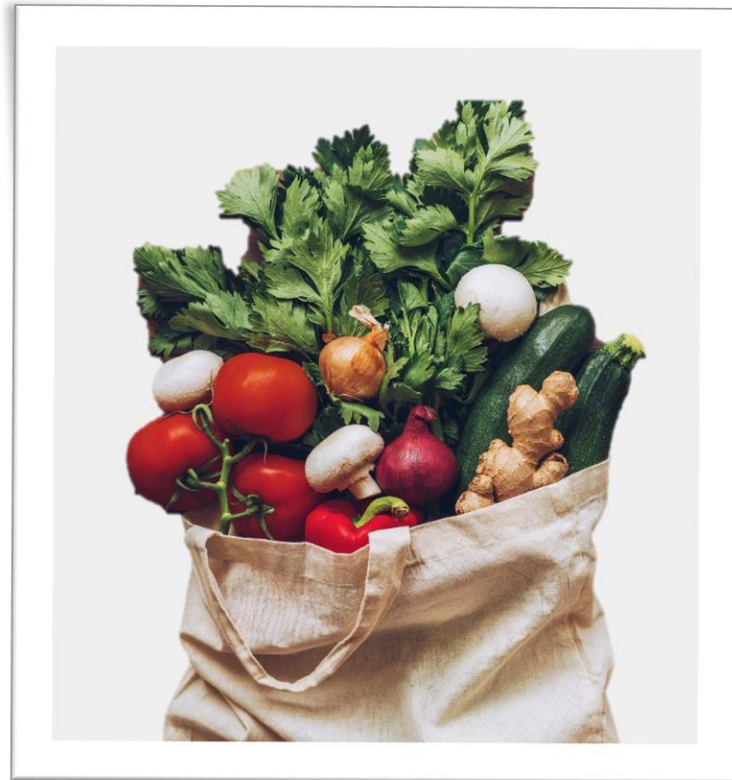




Miss Panda's Books

# Nutrition



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## Miss Panda's Books

Miss Panda's Books Series helps children learn about plants, animals, and how to care for them. We teach the basic traditional knowledge of being self-sufficient by growing your own food and making healthy choices. Each book in every set will educate your child on a subject related to the set topic, and you can find a fun craft idea on the last page. We hope these books will bring your children wisdom and joy!



In addition to water, our bodies need proper nutrition. Nutrition happens when meats, fruits, and vegetables give our bodies nutrients (like fuel for our bodies).



# Protein

Protein is a big part of our nutrition. It helps our muscles grow and heal from injuries. Protein also helps other tissues, like our organs. You can find protein in foods like eggs, nuts, beans, and meat.



# Fat



Fat is also important. It fuels the body and helps you absorb vitamins. There are good fats and bad fats. Good fats are found in fish, avocado, olive oil, coconut oil, eggs, and dairy. Bad fats are found in sugary snacks, like candy and sweets.

# Carbohydrates

Carbohydrates are where we get our energy. They are also good for our bodies and help our brains. We can find carbohydrates in foods like whole grains and starchy vegetables, like potatoes and corn.





# Vitamins and Minerals

- Vitamin A helps eyes, skin, teeth, and bones. Find it in yellow and orange foods, like carrots.
- Vitamin C helps heal your body. Find it in citrus fruits.
- Vitamin D helps bones and teeth. It is in dairy and the sun!
- Vitamin E is good for our hearts and our skin. Find it in nuts, avocados, and pumpkins.
- Vitamin K helps our blood stay healthy. Broccoli, Brussels sprouts, cabbage, and eggs are good sources of Vitamin K.



If you don't give your body proper nutrition, you could become sick or not have the energy to play. Good nutrition, with plenty of water, helps us stay healthy!



# Healthy Food Choices Activity

## Supplies:

- Notebook
- Pencil
- Grocery store

## Directions:

1. In your notebook, draw a big circle. This is your imaginary plate. On your plate, draw a small circle, and label it "Fat". Draw a medium circle, and label it "Protein". Draw a larger circle, and label it "Carbohydrate".
2. Visit a grocery store with a grownup, and find one food from each of those categories. Write the food you found on your plate.
3. Around your plate, you can add other foods that have vitamins, like berries, milk, cheese, or yogurt.
4. If your grownup says it's okay, buy those foods to make for lunch or dinner! Then you can eat the healthy plate you created.