



I'M STARVED. LET'S GET SOME CHICKEN FINGERS!

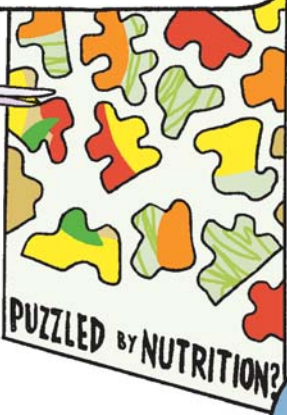
UMM, I THINK WE NEED MORE NUTRITIOUS FOOD.

BUT I EAT HERE ALL THE TIME. IT'S GREAT!

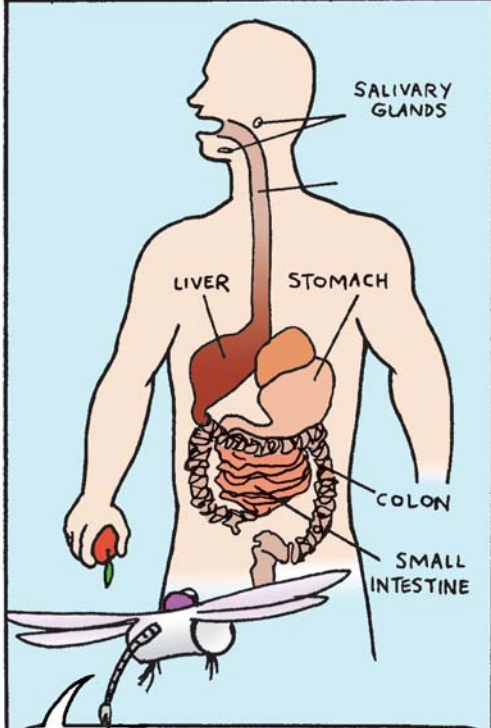
EATING FAST FOOD IS NOT HEALTHY. WE NEED TO LEARN TO EAT PROPERLY - AND I KNOW JUST WHERE TO GO!

THE DOCTOR'S OFFICE!? WHAT DOES THIS HAVE TO DO WITH NUTRITION?

NUTRITION IS THE STUDY OF HOW FOOD AFFECTS THE HEALTH AND SURVIVAL OF ALL LIVING THINGS. WE NEED FOOD TO GROW, REPRODUCE, AND MAINTAIN GOOD HEALTH. WITHOUT FOOD OUR BODIES COULD NOT STAY WARM, BUILD OR REPAIR TISSUE, OR MAINTAIN A HEARTBEAT.



THESE FUNCTIONS ARE FUELED BY SUBSTANCES IN OUR FOOD CALLED **NUTRIENTS**.



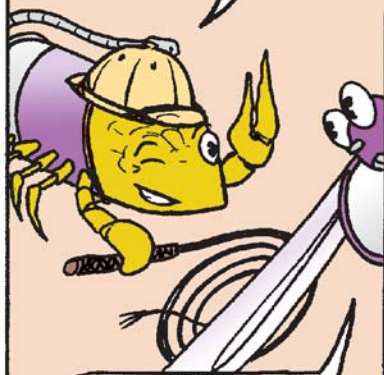
WHEN WE EAT FOOD, NUTRIENTS ARE RELEASED FROM FOOD THROUGH DIGESTION. DIGESTION BEGINS IN THE MOUTH WHEN CHEWING AND SALIVA BREAK DOWN THE FOOD. ONCE DIGESTED, CARBOHYDRATES, PROTEINS, AND FATS PROVIDE THE BODY WITH THE ENERGY - OR FUEL - IT NEEDS TO GO.



DR. M... WE HAVE LOTS TO LEARN ABOUT **NUTRITION**. WE'LL EXPLORE A SPECIAL PYRAMID TOMORROW!



ALRIGHT, DRAGONFLY, I'M READY TO GO TO EGYPT TO EXPLORE THE PYRAMIDS.



NO, WE'RE STAYING RIGHT HERE TO EXPLORE THE **FOOD** PYRAMID!

THE UNITED STATES DEPARTMENT OF AGRICULTURE (USDA) DEVELOPED THIS NEW PYRAMID TO TEACH US ABOUT HEALTHY EATING...

DON'T FORGET EXERCISE!

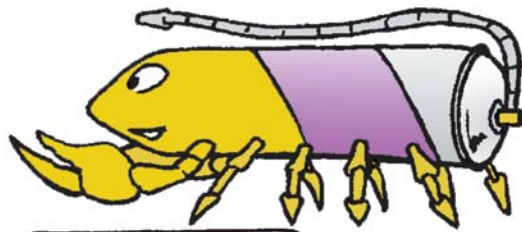
THE ORANGE BAND IS THE BIGGEST PART, MADE UP OF GRAINS SUCH AS BREAD, CEREAL, AND RICE. MAKE HALF OF YOUR GRAINS WHOLE!

THE GREEN PART REPRESENTS VEGETABLES - THE DARK GREEN AND ORANGE STUFF ARE BEST FOR YOU.

THE RED BAND IS FOR FRUITS - ALL KINDS.

THE YELLOW LINE IS FATS AND SWEETS - WHICH SHOULD NOT BE EATEN OFTEN.

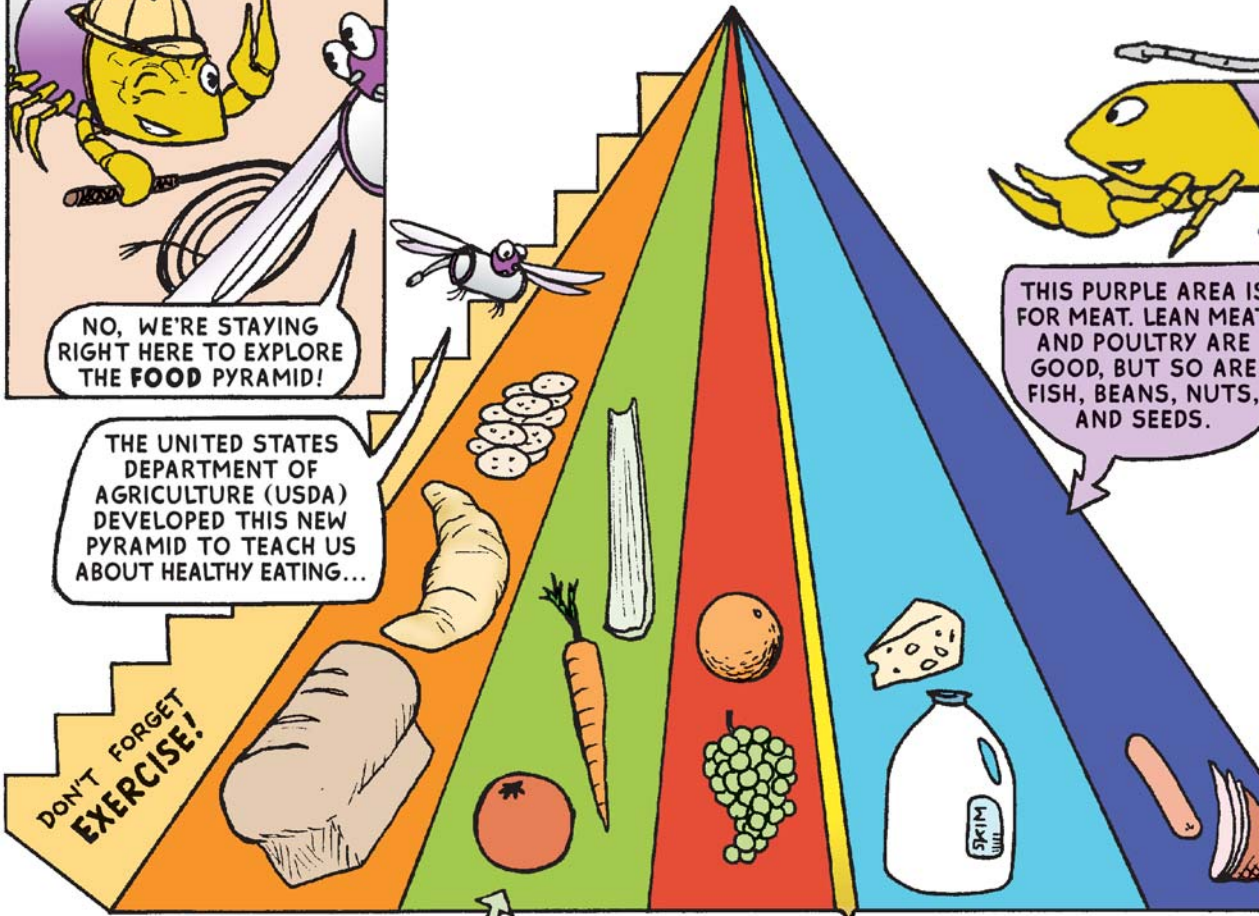
THE BLUE BAND IS FOR MILK, YOGURT, AND CHEESE. LOW-FAT AND FAT-FREE ARE BEST.

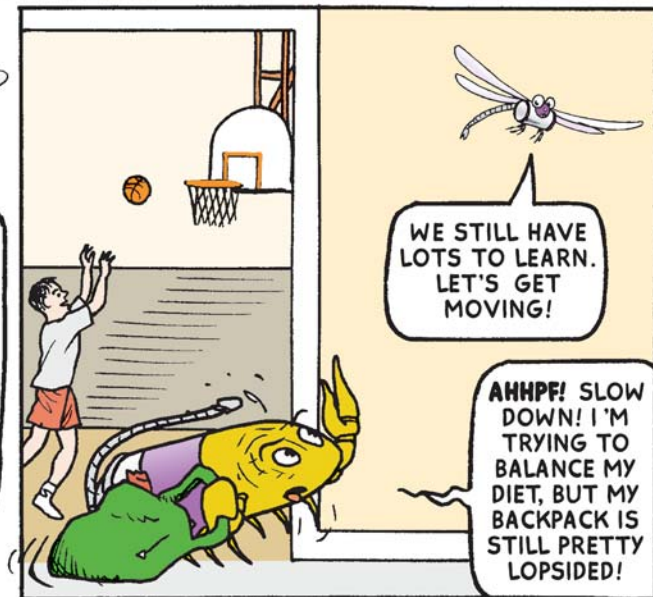
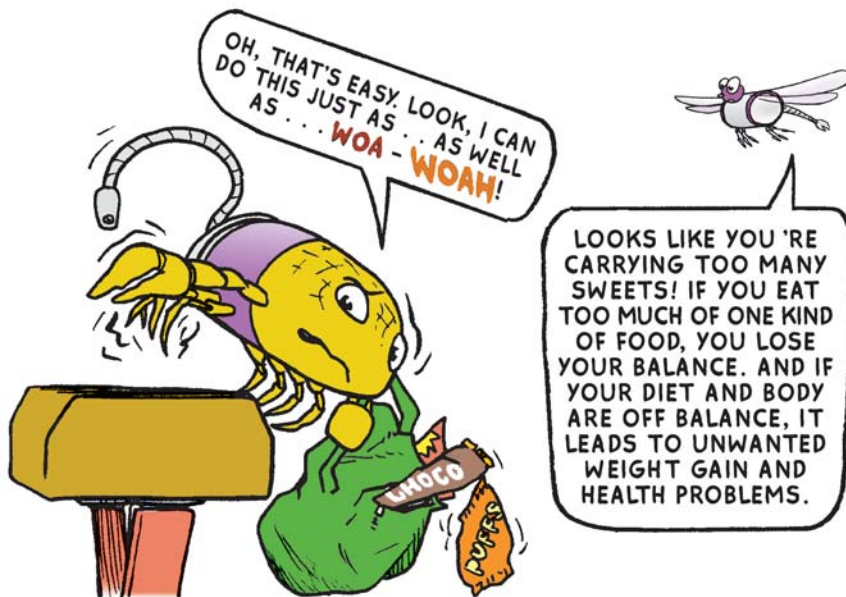
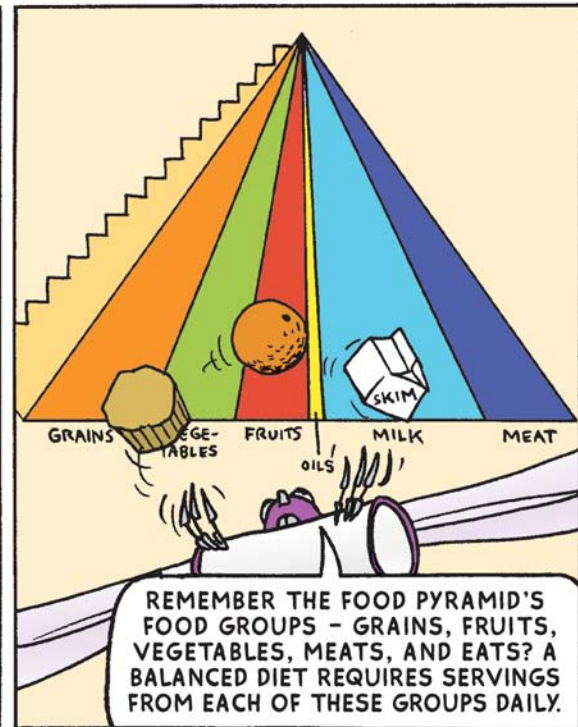
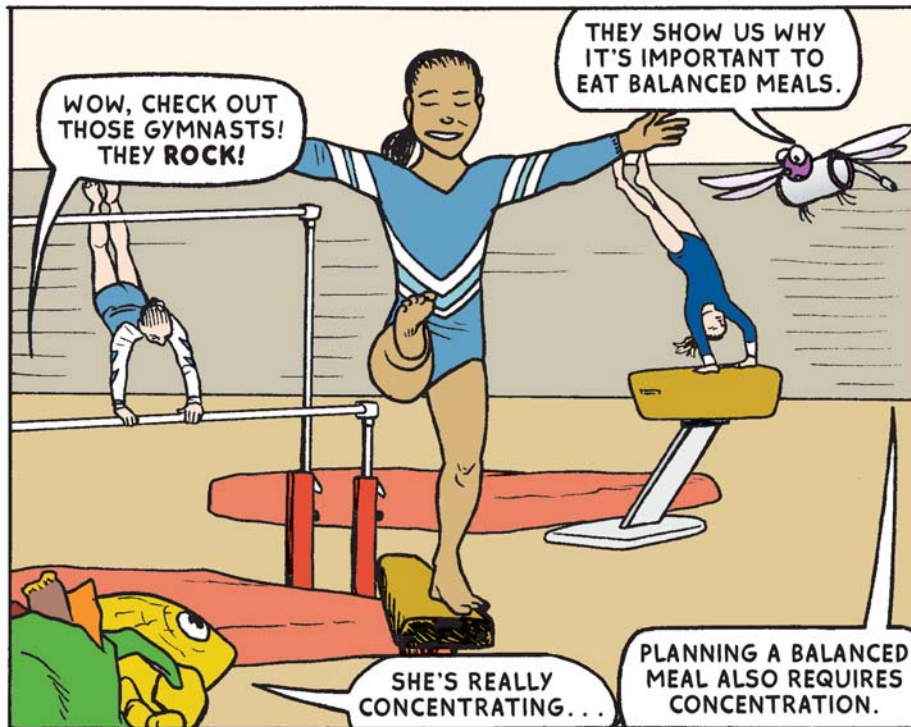


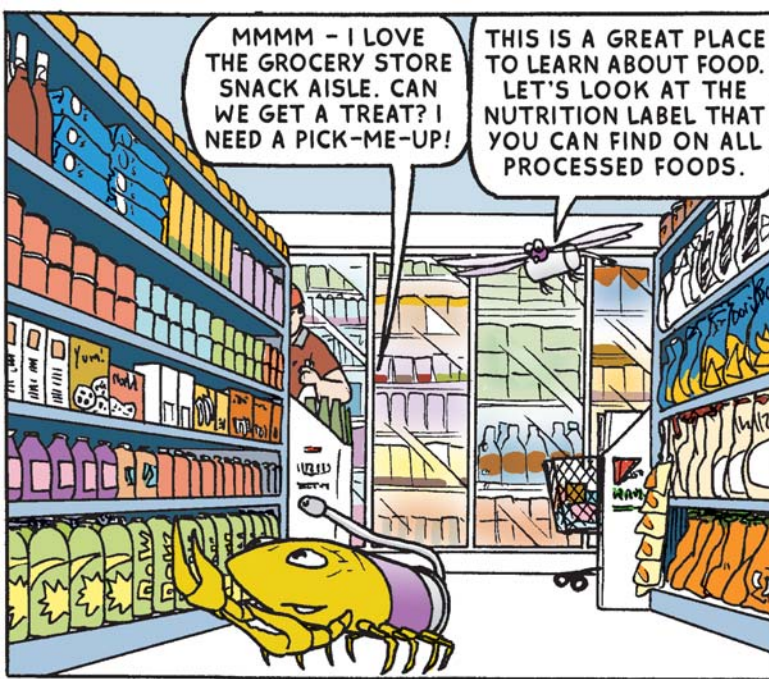
THIS PURPLE AREA IS FOR MEAT. LEAN MEAT AND POULTRY ARE GOOD, BUT SO ARE FISH, BEANS, NUTS, AND SEEDS.



GOODBYE CAKES AND COOKIES! MAKE WAY FOR HEALTHY SNACKS!







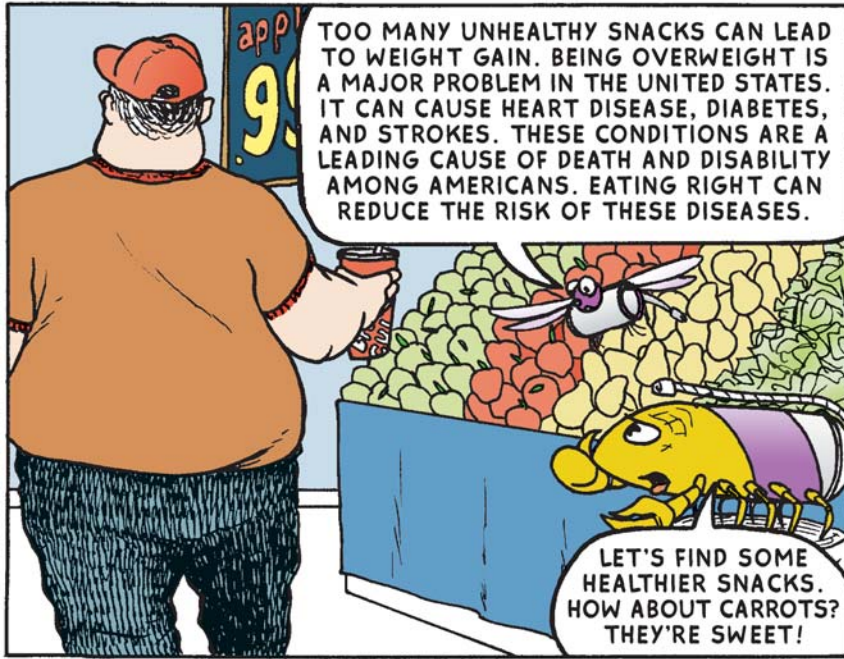
MMMM - I LOVE THE GROCERY STORE SNACK AISLE. CAN WE GET A TREAT? I NEED A PICK-ME-UP!

THIS IS A GREAT PLACE TO LEARN ABOUT FOOD. LET'S LOOK AT THE NUTRITION LABEL THAT YOU CAN FIND ON ALL PROCESSED FOODS.

LOOK AT HOW MUCH FAT IS IN THIS. THERE ARE SUGGESTED AMOUNTS OF HOW MUCH FAT, SUGAR, AND VITAMINS YOU SHOULD HAVE EACH DAY - THE **RECOMMENDED DAILY ALLOWANCE**. AND JUST A FEW OF THESE CHIPS WOULD PUT YOU AT THE LIMIT FOR THE BAD STUFF!

NUTRITION FACTS	
SERVING SIZE - 1 PACKAGE	
% of DAILY VALUE	
CALORIES 160	
CALORIES from FAT 120	
TOTAL FAT 10g	16%
TRANS FAT 0g	0%
SATURATED FAT 1.5g	8%
SODIUM 290g	12%
PROTEIN 2g	5%
CHOLESTEROL 0mg	0%
TOTAL CARBOHYDRATES 15g	0%
VITAMIN C	0%
VITAMIN A	0%
RIBOFLAVIN	0%

THIS INFO IS SO HELPFUL. I DEFINITELY SHOULDN'T EAT THESE.



TOO MANY UNHEALTHY SNACKS CAN LEAD TO WEIGHT GAIN. BEING OVERWEIGHT IS A MAJOR PROBLEM IN THE UNITED STATES. IT CAN CAUSE HEART DISEASE, DIABETES, AND STROKES. THESE CONDITIONS ARE A LEADING CAUSE OF DEATH AND DISABILITY AMONG AMERICANS. EATING RIGHT CAN REDUCE THE RISK OF THESE DISEASES.

LET'S FIND SOME HEALTHIER SNACKS. HOW ABOUT CARROTS? THEY'RE SWEET!



PEOPLE WHO WANT TO EAT SNACKS THROUGHOUT THE DAY SHOULD TRY APPLES, BANANAS, OR CARROTS INSTEAD OF CHIPS AND COOKIES.

YOU BET! I CAN'T WAIT TO TEAR IN TO THESE YUMMY SNACKS. CAN WE USE THE EXPRESS CHECK-OUT LANE??




HURRY UP, SCORPY. IT WAS YOUR IDEA TO WALK BACK FROM THE GROCERY STORE!




I DON'T GET IT. I WAS FINE WHEN WE STARTED, BUT NOW I'M REALLY TIRED!




HMMM. WHAT DID YOU HAVE FOR BREAKFAST?




WHAT I EAT AFFECTS WHAT I DO AND HOW I DO IT??



THINK OF YOUR BODY AS A MACHINE AND THE FOOD YOU EAT AS THE FUEL THAT YOU PUT IN TO THIS MACHINE TO MAKE IT RUN.



EATING FOODS SUCH AS FRUITS AND VEGETABLES WILL NOT ONLY HELP YOU MAINTAIN A HEALTHY WEIGHT, BUT THEY WILL ALSO HELP YOU DO BETTER SCHOOLWORK AND BE A BETTER ATHLETE.




THOSE ARE ALL FULL OF SUGAR! DOUGHNUTS ARE QUICKLY DIGESTED AND GIVE YOU SHORT-TERM ENERGY -BUT THAT LEAVES YOUR BODY RAPIDLY, CAUSING YOU TO FEEL TIRED OR LETHARGIC, LIKE YOU DO NOW!




UMM, TWO DOUGHNUTS, ONE CHOCOLATE AND ONE WITH SPRINKLES.



OH, AND A BIG GLASS OF CHOCOLATE MILK!



SO RIGHT NOW I'M OUT OF GAS!!



I'M FEELING BETTER ALREADY. I CAN FEEL MY TANK FILLING WITH ENERGY. I'M GOING TO GO LONGER AND FARTHER ON MY NEW MENU!