



Name \_\_\_\_\_

Date \_\_\_\_\_

## Healthy Eating

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### What Am I Made Of ?

Have you ever made a sand castle? Just like a sand castle is made of sand, living things are made of tiny things called cells. You are as healthy as your cells are. You feel as good as your cells feel. Cells need clean air, healthy foods and drinks to work. Everything you eat and drink goes to your cells. If you want to feel well, have energy to play and learn your school work easily you must give your cells the right foods that they need. Here is the guide for the foods that your cells want:

#### Cells Want:

- Vegetables of all colors. They most like broccoli, because it has things in it that are very good for cells. There are things in these that are very good for cells, like vitamins and things that prevent cells from getting sick. Vegetables also have fiber, which is good for your digestive system.
- Fruits of all colors. They most like blueberries and blackberries, the darker the fruit color the better. There are things in these that are very good for cells, like vitamins and things that prevent cells from getting sick. Fruits also have fiber.
- Meat (meat, chicken, fish, etc.), eggs, tofu or nuts. Some families do not eat meat but eat tofu and nuts instead. Meat, eggs, tofu and nuts have protein, a building material for cells. If a part of a cell is damaged or old it needs protein to make a new part from.
- Bread, cereal, rice, pasta, potatoes. These have carbohydrates in them, which give the cells the energy to work. Brown bread with grains is better than white, because it has fiber. Cereal has fiber too.
- Little bit of margarine, oil or butter. These are called fats and also give the cells the energy to work. But cells need very little of these, and don't like it if there's too much. Fats are usually inside foods and we don't see them. Some foods get cooked in fat, called frying, and we don't see the fat, but it's still on the foods.
- Water and healthy drinks. Cells have water inside them, and this keeps getting used so they need new water. When your cells don't have enough water you feel thirsty. You should have a drink then, and put the water back in your cells.

At mealtimes you should try to have one protein-rich food like meat, eggs, tofu or nuts, one portion of vegetables or fruit, one portion of a carbohydrate rich food, and a healthy drink. If you want dessert fruit and fruit-containing things can make tasty desserts.



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### Cells Don't Want:

- Too much of some types of foods. These are:
- Sweets, chocolate, cookies, cakes, ice-cream, desserts and sugary drinks. These foods may taste good in your mouth, but the cells don't much like the things inside them. There is a lot of sugar in these foods, and in some also a lot of fat. Too much sugar gets turned into fat in the body. Too much fat, gets put in fat cells under the skin, and inside the body. If too many fat cells get filled with fat, a person will be fat. What is important about this is that there is nothing wrong with looking fat. The problem is that being fat can cause damage to your cells and make you sick. This is why we try to be at a healthy weight. Too much sugar is also bad for your teeth and causes them to rot.
- Hamburgers, pizza, fries, chips, fried foods. These foods have a lot of fat in them, and have the same problems as above.

It is okay to have a little bit of these foods, your parents can tell you how much.

So let's eat for our cells, and be as healthy as we can be, so we can live as long as possible! Did you know, scientists think people who are children now may live to be 150 years old? Let's hope and try to be one of those people!