



Foods are amazing because they can help our bodies in more than one way! 

Foods Have LOTS of Jobs!

What does food do for **YOU**?

Use the colors below to circle foods that can help with each job. A food can have more than one circle! 

ENERGY

Helps me run, jump, and play!



GROW

Helps build and repair my body!



THINK

Helps my brain learn and focus!



BUILD

Helps build strong bones and teeth!



TUMMY

Helps keep my tummy happy!



Pick 3 foods above. How do you think each one might help your body? 

1

2

3

Teacha Jess