

Good For ME!

How many servings of fruits and vegetables should we eat each day?

5

What is a serving?

What you can hold in your hand.

How much of your plate should be filled with fruits and vegetables?

1/2 - that's a lot!

Why?

To help your body work properly. Trees can't grow without sunshine and water; cars can't go without petrol. We need food to grow and thrive. Fruits and vegetables have lots of vitamins and minerals that help our whole bodies work better and grow.

What are vitamins and minerals?

They help our body live - so we can grow and stay healthy. They have different names - some use letters, like Vitamin A, C, E, K also the B Vitamins B1, B12... Others are called different names like Folic Acid, Calcium, Magnesium, Iron...

What do they do?

Some help our bones, help us grow, make our teeth strong and our skin healthy. Some help our muscles stay strong; they keep us hydrated, they give us energy. They help us get better when we're sick; if we cut ourselves they help our skin heal. They carry oxygen around our body and even help our heart keep the right beat!

Why variety?

Some vitamins and minerals do different things. And different fruits and vegetables have different vitamins and minerals.

What parts of you do you think it's important to keep healthy?

Growth - All + Potassium

Blood - Vitamin E, Vitamin K, Calcium, Iron

Skin - Vitamin A, Vitamin E, Vitamin C

Teeth - Vitamin A, Calcium,

Gums - Vitamin C,

Hair - Vitamin A,

Eyes - Vitamin A, Vitamin C, Vitamin E

Muscles - Vitamin E, Vitamin B1, Calcium, Manganese

Bones - Manganese, Calcium, Magnesium, Vitamin K, Vitamin A

Nerves - Vitamin B1, Manganese

Energy - Manganese, Magnesium, Vitamin B1,

Heart - Folic Acid, Potassium (helps your heartbeat), Iron

Keep you from getting sick/infections - Vitamin C, Vitamin E, Vitamin A

Help you stay free of disease - Vitamin E, Vitamin C,

Help you stay happy/not get too sad - Folic Acid

