

Food & Your Body

Work with a partner or in a team. Use strong vocabulary words to explain how food helps your body.

STEP 1: CHOOSE A FOOD

STEP 2: DISCUSS WITH YOUR TEAM/PARTNER


- What does your food look or taste like?
- What does it give your body?
- What happens in your body when you eat it?
- How does it help your body?

STEP 3: BUILD AN ANSWER

- "___ is ___ and ___."
- "It gives your body ___."
- "Your body ___ the food."
- "This helps you ___."

Vocabulary Bank – Food & Your Body


Describing Food




- fresh
- crunchy
- ripe
- sweet
- sour
- healthy

What Food Gives Your Body

- energy
- nutrients
- vitamins



What Happens in Your Body



- digest
- absorb
- break down
- take in

What It Helps You Do

- build strong muscles
- fight off sickness
- heal your body
- stay healthy

