

## THE IMPORTANCE OF FOOD (Chapter 16-1)

By Ms. McDaniel's Class

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Hey, everyone!

I'm hungry!

Me, too.

Let's eat!

I want pancakes, eggs, and lots of bacon! [sound effect]

I would like a salad bar.

I would like a salad bar, too.

All [whispered chant] Fruit and salad. Fruit and salad. Good for you and your body, too.

Junk food tastes better!

All [whispered chant] Junk food. Junk food can make you sick and overweight.

You really should eat more healthy foods.

They help you grow.

Cancel the pancakes, eggs, and bacon. I'll have the salad bar instead.

All [whispered chant] Good for you and your body, too!

[sound effect] [CHICKEN] Why don't you eat me for dinner?

Why?

Because I am good and full of protein.

All [whispered chant] Full of protein. Full of protein.

I'd rather eat an egg!

All [whispered chant] Full of protein. Full of protein.

Protein is fine, but I am up for a good carbohydrate meal.

What are carbohydrates?

Carbohydrates are the body's main source of energy. [sound effect]

All [whispered chant] Fruits, veggies, and lots of grain. Fruits, veggies, and lots of grain.

Grain? Explain.

Bread, pasta, cereal--stuff like that.

When you think carbohydrates, think sugar and starch.

All [whispered chant] Carbohydrates--sugar and starch.

Hey girls what are you eating?

A Snickers.

Chips.

Chocolate pudding.

Well, sometimes those things can be good for you.

Yeah, they supply your body with energy.

Great!

All And FAT.

Oh.

Hey, fats aren't all bad.

They help you grow.

They insulate the body against loss of heat.

Cool.

But you should only eat them once in awhile.

Oh.

Sparingly.

Oh.

And don't eat a lot of them when you do.

Oh.

All [whispered chant] Fats, oils. Once in a while. Sparingly.

[sound effect] Vroom! Vroom!

Hey everyone! It's the human dirt bike!

He looks like he needs some fuel!

All [whispered chant] Vitamins and minerals. Vitamins and minerals.

What do I need them for?

They make you fast and strong!

They'll help you win the championship race!

They'll make you function right!

Get me some vitamins and minerals fast!

[sound effect]

On your mark.

Get set.

All GO!

[sound effect]

Look at him functioning great!

Look at his speed regulated by his fuel!

All [whispered chant] Vitamins and minerals. Vitamins and minerals.

And the winner is \_\_\_\_\_!

Thanks to my vitamins and minerals!

[Someone swoons and all focus on him/her.]

I need to eat. I am about to faint!

All You won't faint if you don't eat!

The only thing you need is

All WATER!

If you don't have water, your body will dehydrate.

Dehydrate?

Yes. That's when your body loses too much water. You could die.

Die?

Professional water man here!

I need water!

Here's 2.7 liters. You need at least 2.4-2.8 liters of water daily.

All [whispered chant] Drink that water. Drink that water! It's no lie! Drink that water or you might die!