

How do I use the nutrients I get from my food?

Ever remember why our parents always say “Eat your Veggies”? Balanced meals are so important that it is always promoted as the ideal meal. Our booth explains and provides the health benefits of different types of food. Our activity will be a picture of a human body, and the people can match up the food that helps each part of the body. For example, with the eyes one would attach the carrot near the eye because carrots help with eyesight. Calcium helps with most people's bones so one would attach a glass of milk to the arm. Not all food has the same nutrients. Stop by our booth and learn what and how nutrients affect our bodies.