Why do we eat?
Eating gives our bodies energy to think, play, and do all the activities we love!
GO FOODS

Give you long-lasting energy
Eat everyday
Help you stay healthy
SLOW FOODS

Low in healthy nutrients
Give a quick burst of energy, then slow you down
Should be eaten in moderation
Photo courtesy of Chris Breeze
Photo courtesy of geoftheref
Photo courtesy of David Leggett
Photo courtesy of Igkiii's photostream