

# NutriKids

## Nutrition and Your Body Class Work Sheets

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Healthy Skin

Healthy Eyes

Healthy Organs

Healthy Digestion

Healthy Joints

Healthy Energy

Healthy Hair

Healthy Brain

Healthy Heart

Healthy Muscles

Healthy Bones

Healthy Nails

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Includes:

5 x Your Body Sheets

5 x Question Sheets

[www.nutrikids.co](http://www.nutrikids.co)

# Your Body

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Why does your body need healthy food?

For your brain to grow and stay healthy.

For healthy skin

For keeping your heart healthy.

For keeping your tummy healthy.

For healthy strong muscles.

For making your blood and keeping it healthy.

To feel good

For your hair to grow

For healthy eyes.

For strong and healthy teeth.

To stop getting sick

For healthy organs

For ENERGY

For healthy joints

For growing healthy strong bones.

For healthy strong nails

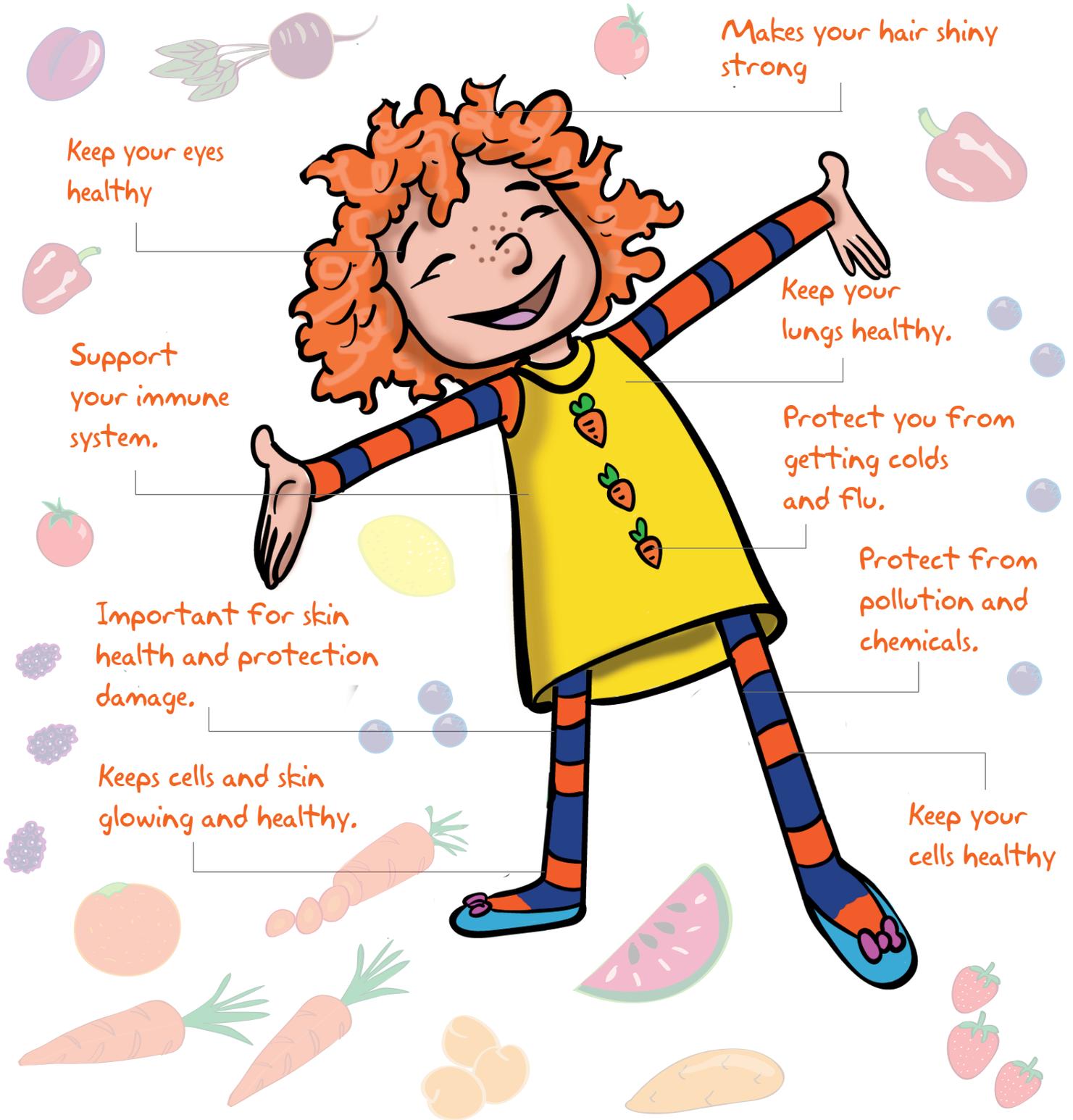


Eating lots of different healthy foods will give you everything you need to stay healthy and strong



# Your Body

Why does your body need brightly coloured fruits and vegetables ?



Green vegetables are a very important part of your diet, they can help you to grow properly and keep you healthy for all your life.



Why do we eat brightly coloured fruits and vegetables ?

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Can you name some colourful fruits and vegetables ?

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# Your Body

NutriKids

## Why does your body need healthy carbohydrates?



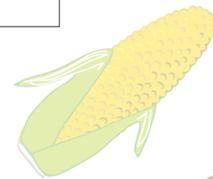
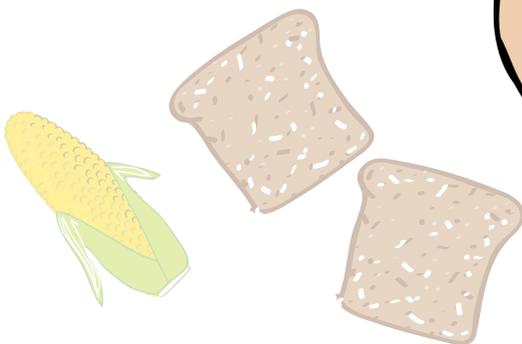
Your brain needs lots of energy and gets most of it from carbohydrates.

Your brain takes 20% of all your energy.



Gives you the energy you need when you are very active and your heart is pumping.

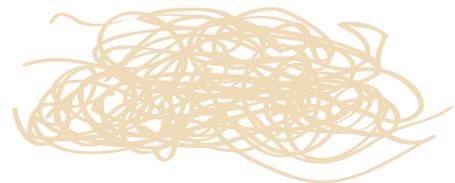
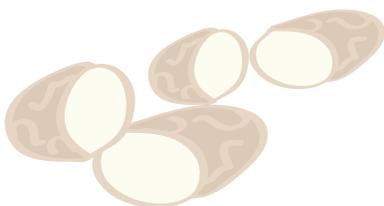
Complex carbohydrates like brown rice, brown bread and oats, keeps your tummy healthy.



Wholegrain carbohydrates make you feel good.



Healthy carbohydrates can give you the energy to run faster!



The kind of carbohydrates you eat are important. White carbohydrates are like sugar and can be unhealthy if you eat too much.



Why do we eat carbohydrates?

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Can you name some carbohydrate foods?

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# Your Body

Why does your body need good fats and oils?



Makes your brain work better and helps your memory.

Keeps your hair shiny and your scalp healthy.

Keeps your immune system working properly.

Looks after your heart and all of your blood vessels.

Makes your energy last longer and stops you from overeating.

Makes digestion work properly.

Keeps cells and skin soft and healthy.

Important for your hormones and making you feel good.

Every single bit of your body needs good fats. They come from olive oil, fish oil, coconut oil, seeds, nuts, avocados and butter. They are very important for keeping you healthy.



## Why do we eat fats and oils?

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Can you name some foods where healthy fats and oils come from?

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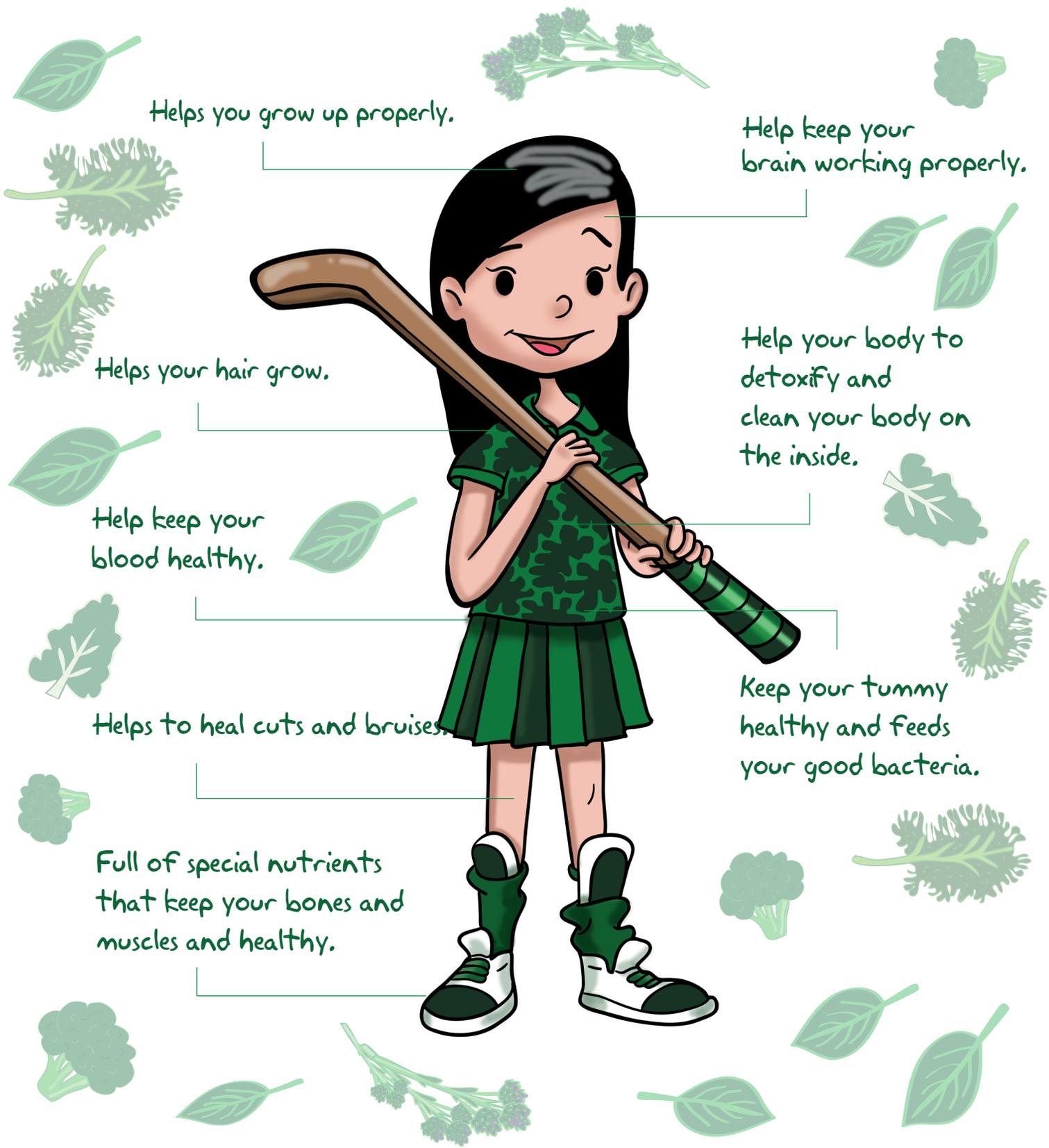
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# Your Body

## Why should you eat your leafy greens?



Helps you grow up properly.

Help keep your brain working properly.

Helps your hair grow.

Help your body to detoxify and clean your body on the inside.

Help keep your blood healthy.

Helps to heal cuts and bruises.

Keep your tummy healthy and feeds your good bacteria.

Full of special nutrients that keep your bones and muscles healthy.

Green vegetables are a very important part of your diet, they can help you to grow properly and keep you healthy for all your life.



Why are green leafy vegetables healthy for you?

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Can you name some green vegetables?

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