Why we need food

We need food to keep us well, to give us energy and to help us grow.

1. Keeping healthy

Fruit and vegetables help fight off disease.

2. Giving energy

We need food to give us energy. We get lots of energy from cereals like wheat, and vegetables like potatoes. Sugar and fat also give us energy.

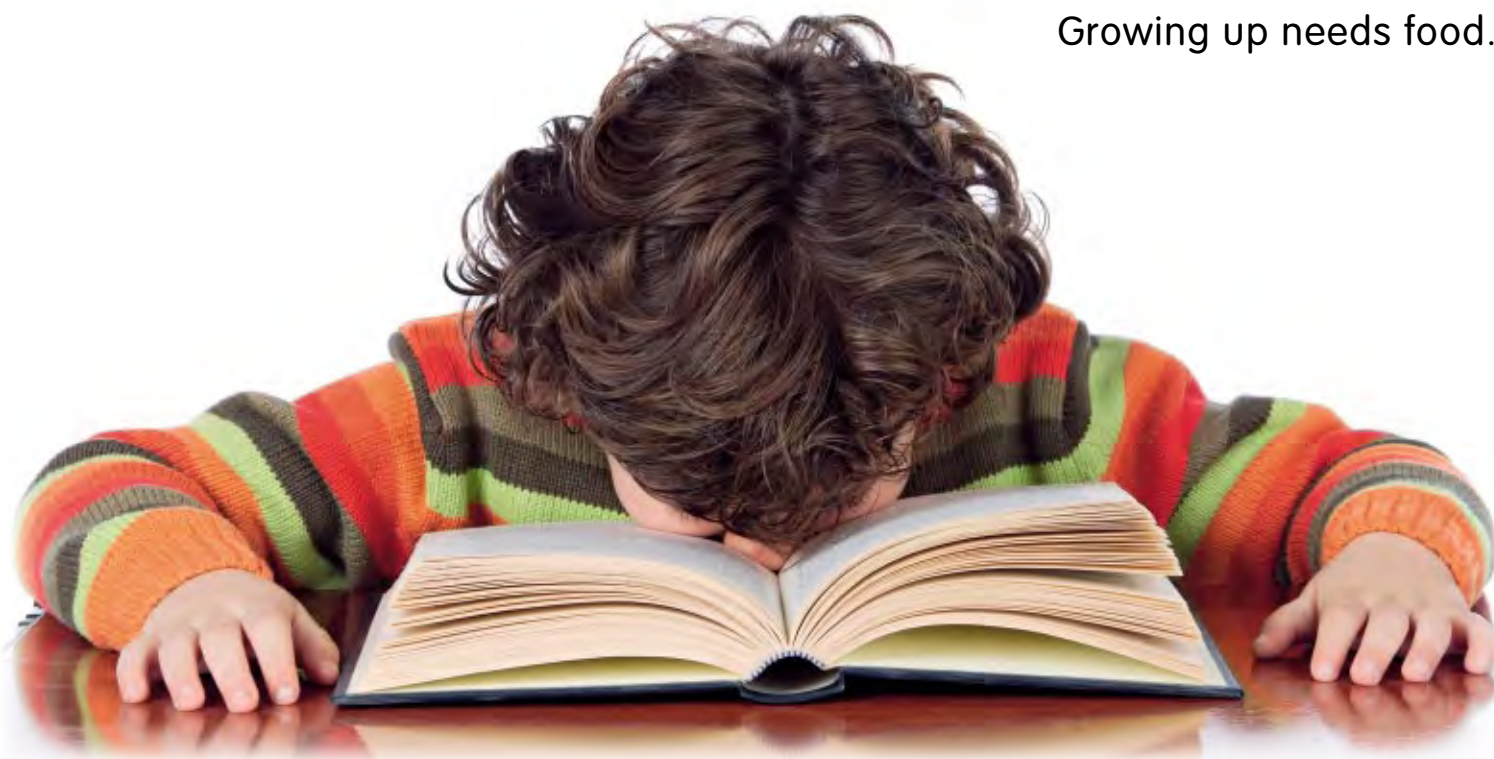A field of barley. Barley is a cereal.

watermelon

3. Helping us grow

Meat, fish, eggs and dairy products help us to grow.

Some vegetables, like peas and beans, also help us to grow.

Growing up needs food.

If we do not eat, we get hungry. That is our body telling us it is time to eat. If we do not eat for days, we become very tired. If we do not eat properly for weeks, we may start to get diseases. This is because we will not be able to keep germs away.

What might happen if we do not eat fruit and vegetables?