



**Food as our Fuel**

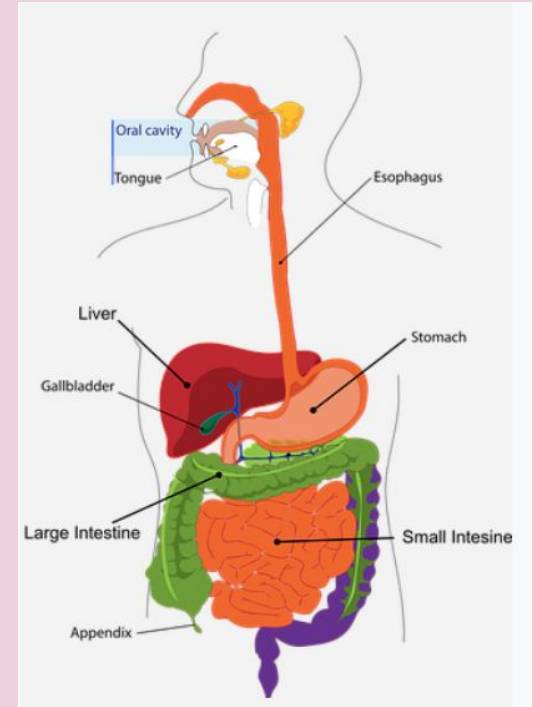
**Question:**

**What is your favorite  
Thanksgiving tradition?**



# Energy

- Food is our source of energy
- Digestion takes power
- Food affects our mood

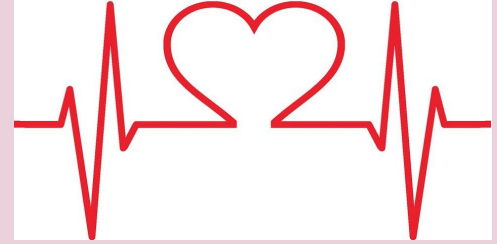


# Choosing foods

|                                |                                    |
|--------------------------------|------------------------------------|
| <b>Potatoes</b>                | <b>Potato Chips / French Fries</b> |
| <b>Fresh water</b>             | <b>Soda</b>                        |
| <b>Whole Wheat Bread</b>       | <b>White Bread</b>                 |
| <b>Jam (Strawberry, Grape)</b> | <b>Butter</b>                      |
| <b>Chicken</b>                 | <b>Ground Beef</b>                 |



# Food and Health



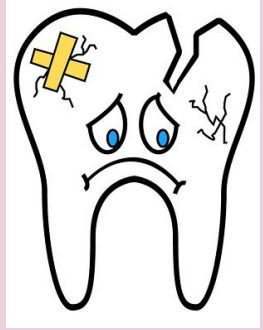
## The Good -

1. Potatoes baked or boiled are filled with nutrients and antioxidants.
2. Water helps balance body fluids.
3. Whole Wheat bread is high in fiber, which helps with digestion.
4. Fruit jams are low in fat.
5. Chicken is low in Cholesterol.

# Food and Health

## The Bad -

1. Sugar rots teeth (found in soda, cakes, cookies).
2. High amounts of Cholesterol are bad for the heart.
3. Greasy, fried foods are bad for digestion.
4. Processed foods are high in Saturated and Trans Fats, which cause weight gain.



# Organizing your plate!

- Foods are grouped based on their structure and function in the body.
- The healthiest way to eat is having a balance of all food groups on your plate.

~ “Everything in moderation” ~

# Sample Plates

**Breakfast:** Vegetable (spinach, tomato, pepper) omelette. Whole Wheat toast on the side with Jam, and a glass of Low-Fat milk.

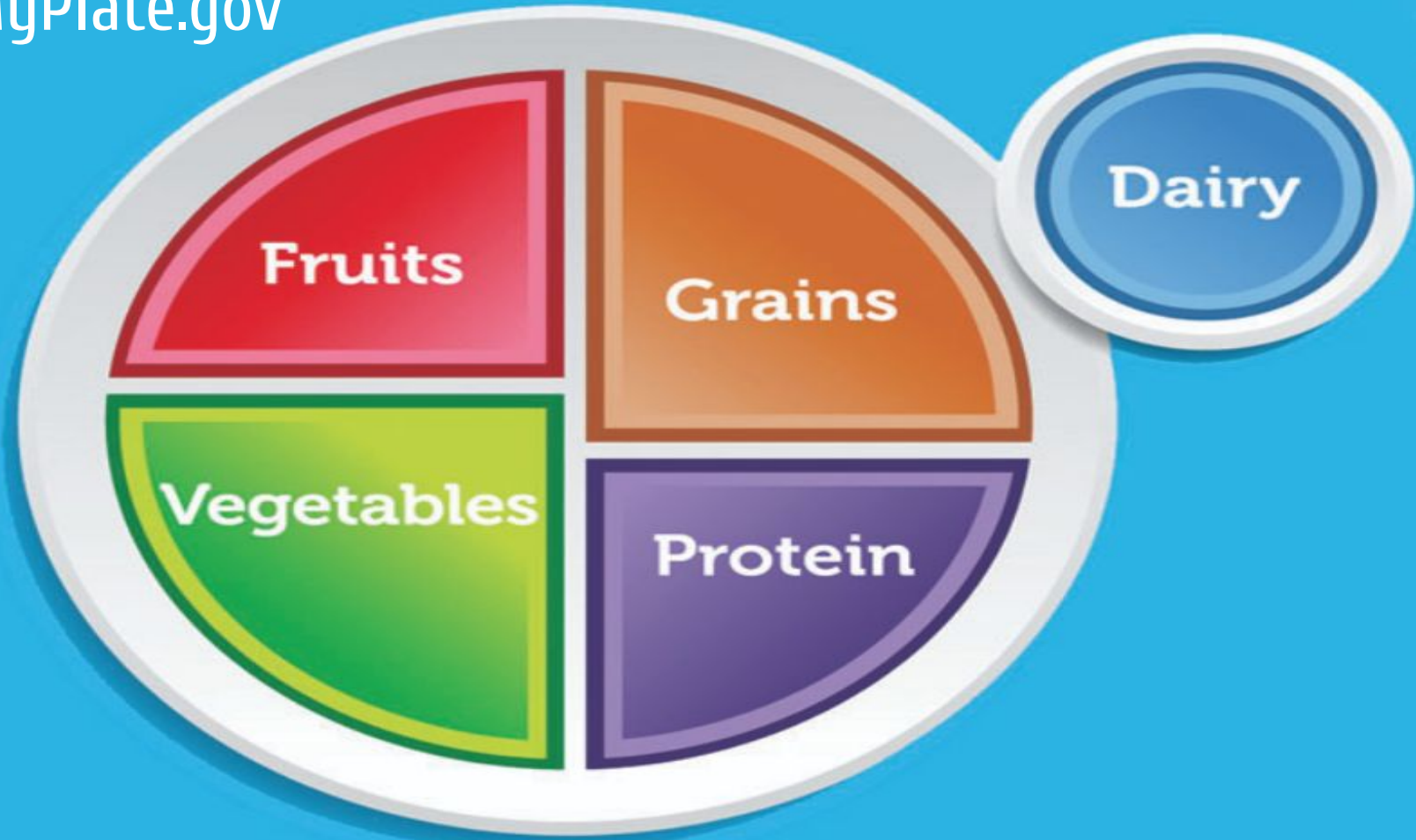
**Lunch:** A salad topped with carrots, cucumber, kidney beans, corn, and grilled chicken drizzled with Balsamic Vinaigrette dressing and tall glass of water.

**Snack:** A crisp Apple, or your favorite fruit.

**Dinner:** Seasoned, baked salmon (or chicken) with a side of brown rice and steamed broccoli, and a glass of water.



[chooseMyPlate.gov](http://chooseMyPlate.gov)



# Recipes

Healthy Thanksgiving!

1. **Stuffins**
2. **Healthy Mac & Cheese**
3. **Fruit Kabobs**

