



Science

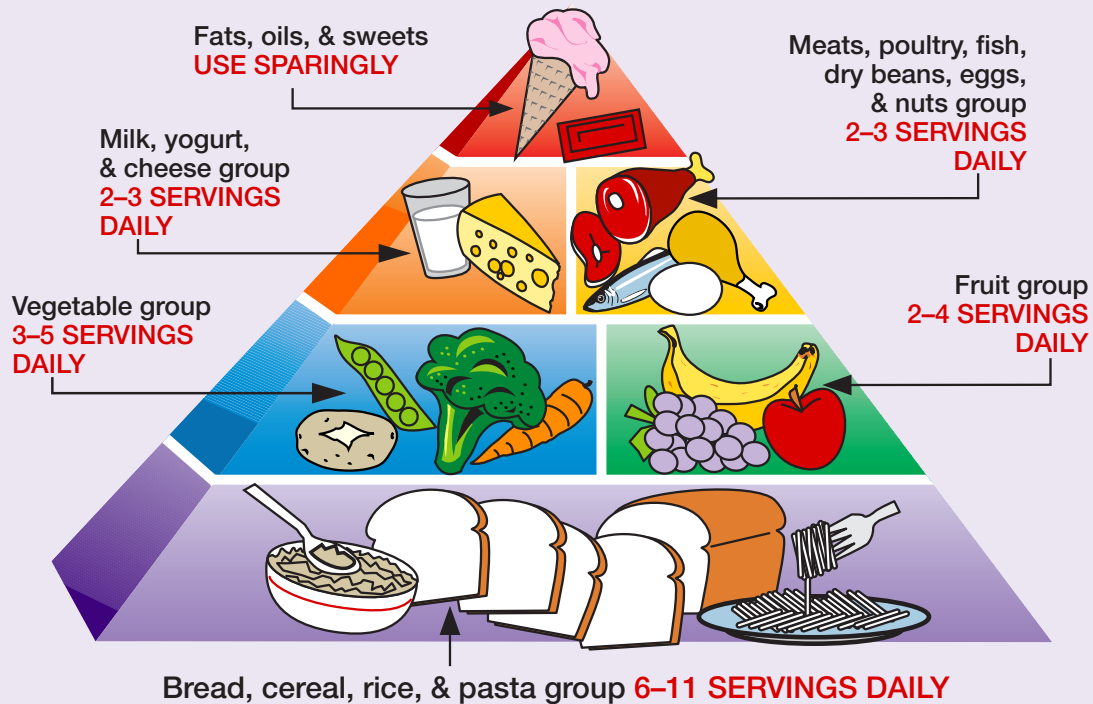
Health Science

The Food Pyramid

A healthy diet has lots of fruits, vegetables, and whole grains but few high-fat foods or sweet desserts.

THE FOOD PYRAMID

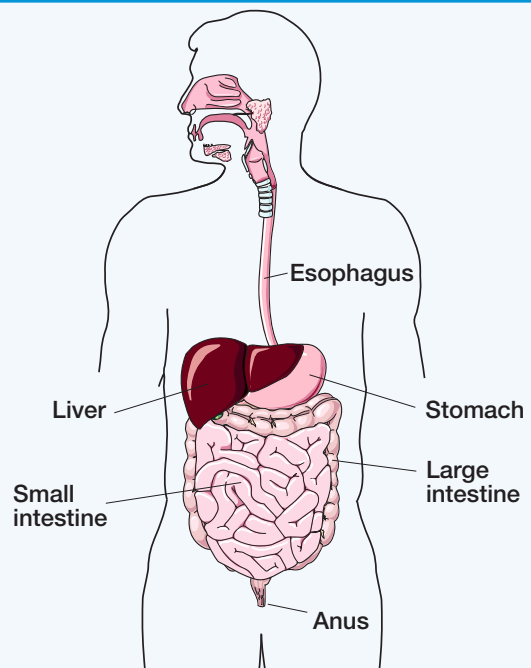
The U.S. Department of Agriculture (USDA) has created this recommended balance of food groups for good nutrition.



Source: U.S. Department of Agriculture

DIGESTIVE SYSTEM

Digestive System—series of connected organs whose purpose is to break down, or digest, the food we eat. Food is made up of large, complex molecules, which the digestive system breaks down into smaller, simple molecules that can be absorbed into the bloodstream. The simple molecules travel through the bloodstream to all of the body's cells, which use them for growth, repair, and energy.



References:

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