

Incredible Edible Leek!

What makes foods healthy?



What makes food good for us?

- Food gives us energy to play, learn and grow
- Healthy food gives us the right mix of things our bodies need
- Our bodies need vitamins and minerals to work well
- Our tummies need something called fibre to help them work smoothly

What makes food good for us?

Some foods have lots of sugar in them. These are best kept as treats as they are not very good for our teeth or our bodies:



Our bodies also need small amounts of something called fat to work well, but not too much. We should be careful not to eat too many of these foods too often:



Introducing...



Why is this The Incredible Edible Leek?

The leek is SUPERHERO vegetable because:

**It has lots
of vitamins
and
minerals!**

**It has lots
of fibre!**

**It has
almost no
sugar or
fat!**

**It tastes
yummy!**

**It's grown
in Britain
nearly all
year
round!**

The Incredible Edible Leek

- ✓ Yummy
- ✓ Good for your tummy
- ✓ Grown in Britain
- ✓ Available nearly all year

