



# We Get Energy



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■ We eat grains.



🔊 We eat vegetables.



🔊 We eat fruits.



🔊 We drink milk.



🔊 We eat meat and beans.





🔊 We get energy from food.



Why do you need energy from food?



### **School-Home Connection**

Ask your child to describe healthful foods he or she eats. Ask your child what activities he or she does that make it important for the child to eat healthful foods.



### **Hands-On Activity**

Have your child make a menu for one day's meals. Make sure he or she includes a variety of healthful foods.

**GRADE K**

Book 8

**WORD COUNT**

29

**GENRE**

Expository Nonfiction

**LEVEL**

See TG or go Online



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