

HEALTH LITERACY LESSON

Nutrition Basics for Families

What we eat affects our energy, our growth, and how well our bodies fight off illness. You don't need special or expensive foods to eat well, just a good balance.

Building a balanced plate

- Fill about half your plate with vegetables and fruit.
- Add a source of protein: beans, lentils, eggs, meat, fish, or dairy.
- Include a whole grain, like rice, whole wheat roti, or oats, for lasting energy.

Eating well on a budget

- Beans, lentils, and eggs are affordable, filling sources of protein.
- Fruits and vegetables that are in season usually cost less and taste better.
- Cooking in larger batches can save both money and time during the week.

Water matters too

Drinking clean water throughout the day supports digestion and energy. When possible, choose water as your main drink instead of sugary beverages.

For growing children

Children need regular meals and snacks throughout the day, plus foods rich in iron and calcium, like leafy greens, beans, and dairy or dairy alternatives, to support healthy growth.

This lesson is for general education and does not replace advice from a qualified health professional. If you are concerned about a symptom, please seek medical care.

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