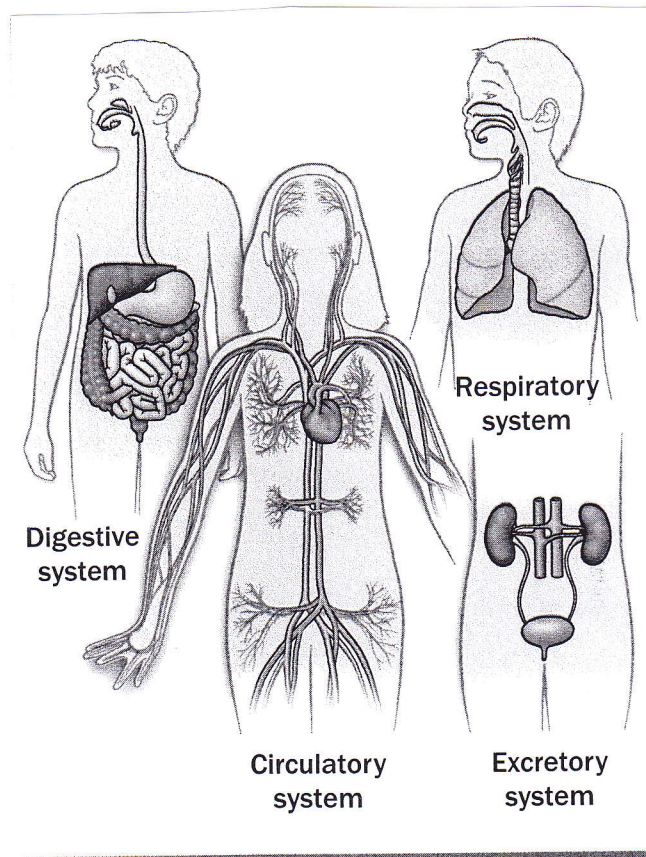


Food and nutrition

We need food, water and oxygen in order to live. Nutrition includes the following the processes:

- + ingesting food substances
- + transforming food for using it
- + eliminating waste.



Systems involved in nutrition

1. Food gives us the substances we need to grow and stay healthy. We get the energy we need to walk and learn.
2. Some food, like meat and milk, comes from animals.
Some food, like fruit, vegetables and bread, comes from plants.

We also need water and salt, that do not come from plants or animals.