

Health and Fitness Abnayah Hughes PG. 1

There are many facts and myths about eating healthy and good nutrition. I will tell you about three myths and three facts to go along with them.

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The first myth is about skipping breakfast. Most kids think that they can skip breakfast and eat a big lunch to make up for it. This is a myth. The fact is that if you skip breakfast you will have less energy. You will also be more difficult to concentrate. The importance of this is to make sure you have a good breakfast, so that you could start your day off with lots of energy.

The second myth is about potato chips and corn chips being part of the vegetable group in the food pyramid. Some kids think that these are healthy nutritious snacks, because they have the word potato and corn in them. Well that is a myth, even though potato and corn are vegetables, when they are baked and salted they are not as healthy as before. →

This myth is important because kids should know how to eat potatoes and corn the healthy way and eat it the unhealthy way.

Finally, the third myth is you can eat whatever you want as much as you want. This is a myth because your body needs lots of different foods like in the food pyramid because your body needs healthy energy. The body also needs different kinds of vitamins. We can only get all of the vitamins by eating different things.

So now that you know the facts to these three myths, make sure to have a health nutritious breakfast so you will have lots of energy to start your day. And remember that just because it has a vegetable name doesn't mean it's healthy for you. Also, remember it's important that you eat lots of different thing foods so that you get different vitamins and nutrients.