

Food for Thought



PECT
CREATING SUSTAINABLE PLACES



**HEALTHY
SCHOOLS**
CAMBRIDGESHIRE
& PETERBOROUGH

Why do we need food?

To live – the basic principle

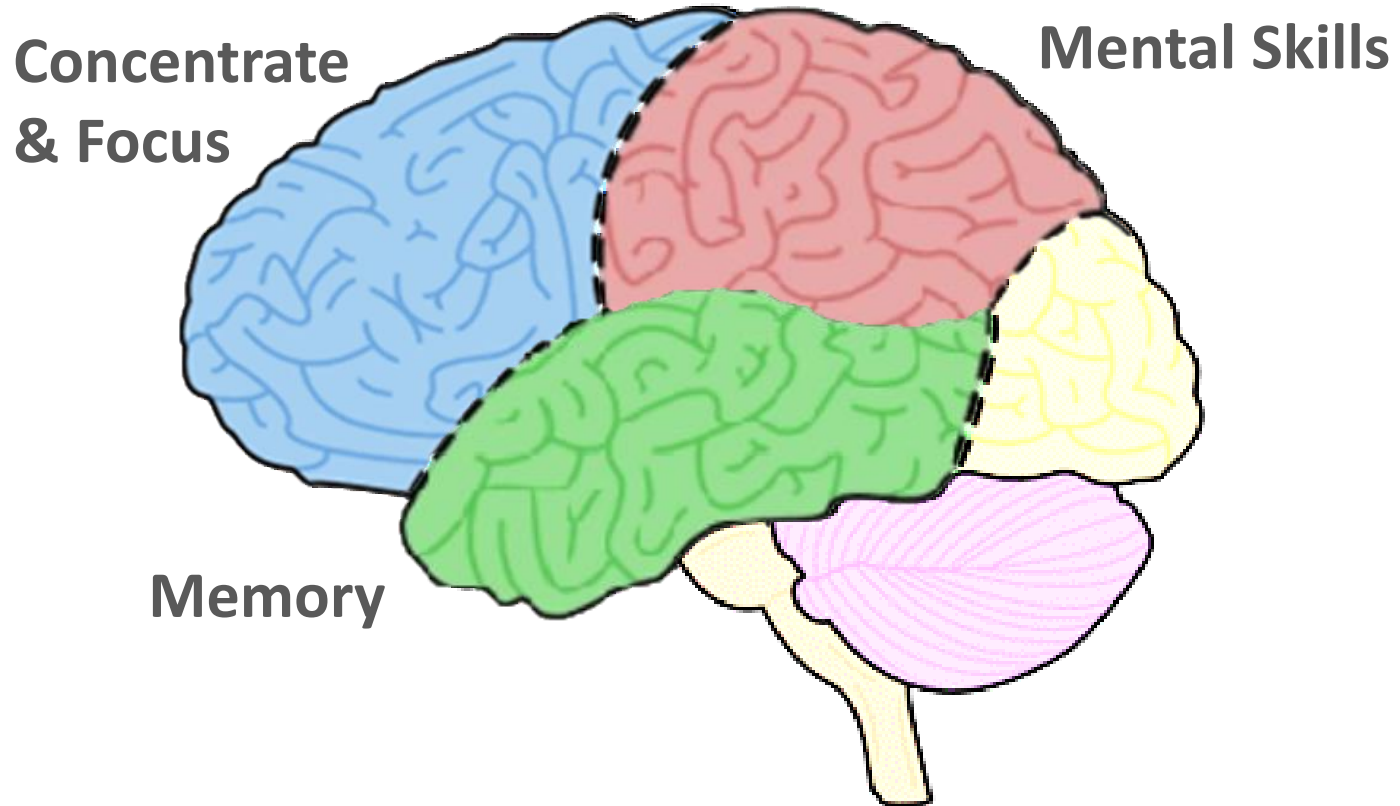
To grow and make new cells



To give our muscles fuel to be able to work and grow

To fuel our organs to enable them to work, such as our brain

Food and our brain

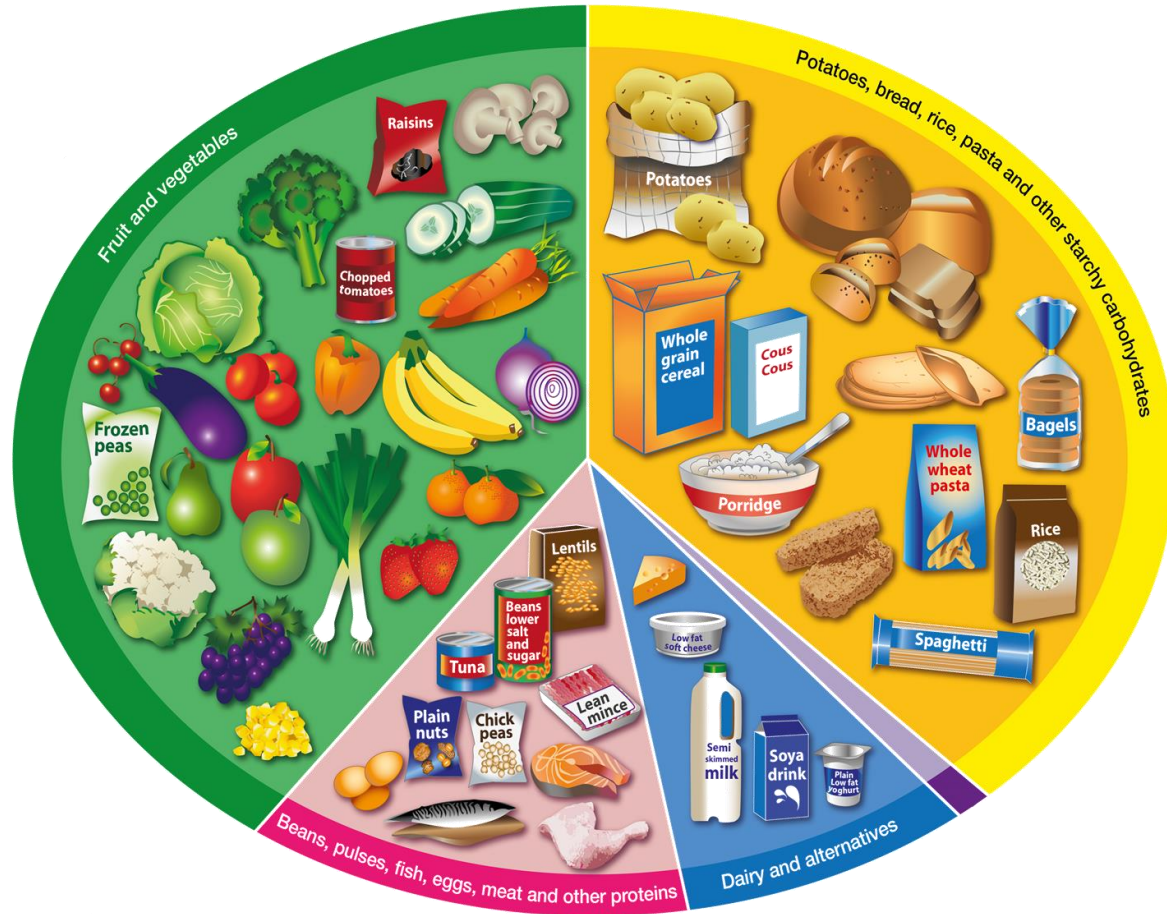


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Eatwell Guide

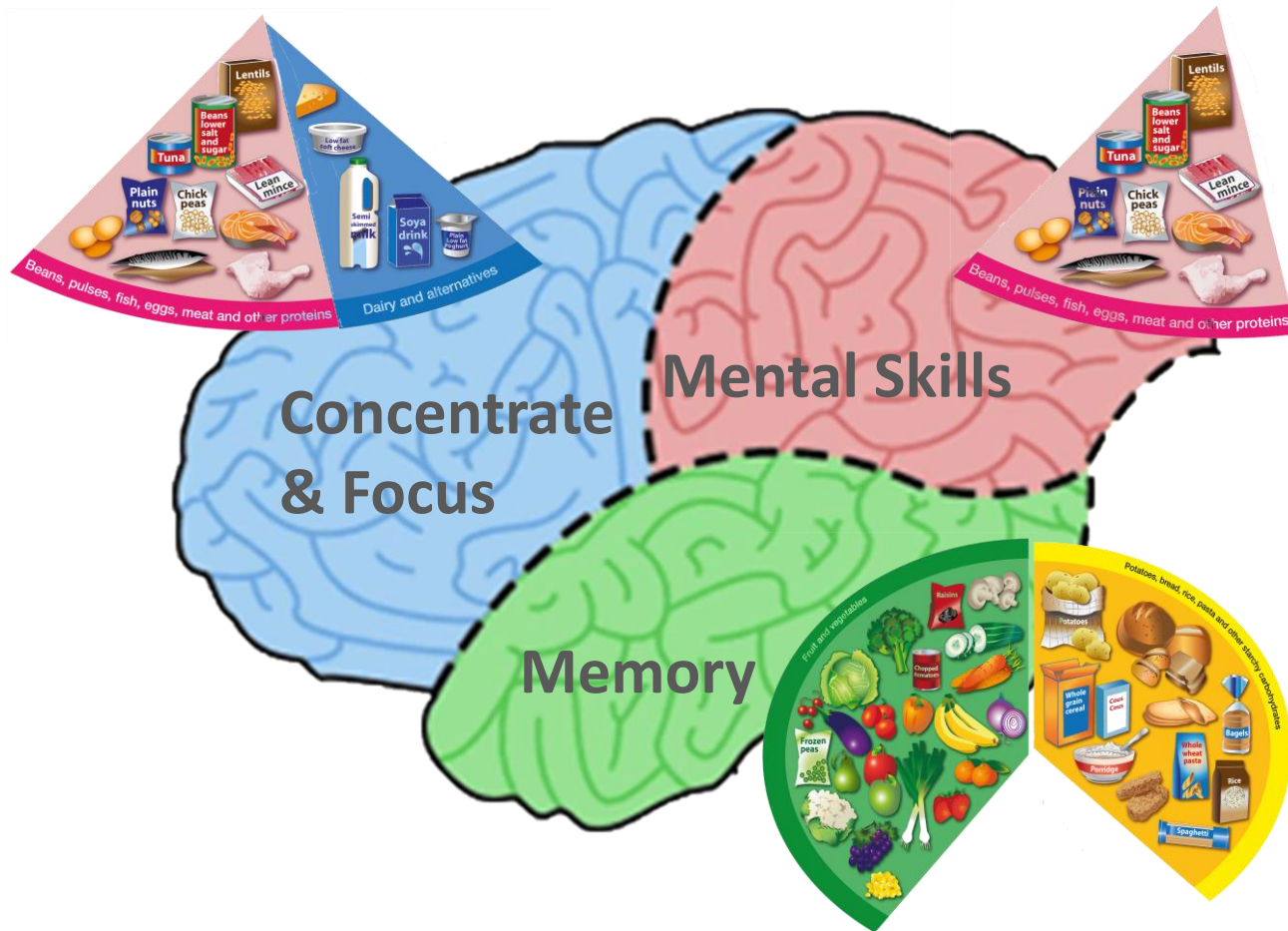


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Eatwell Guide for our brain



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Eatwell Guide for our brain

Think Faster

Focus

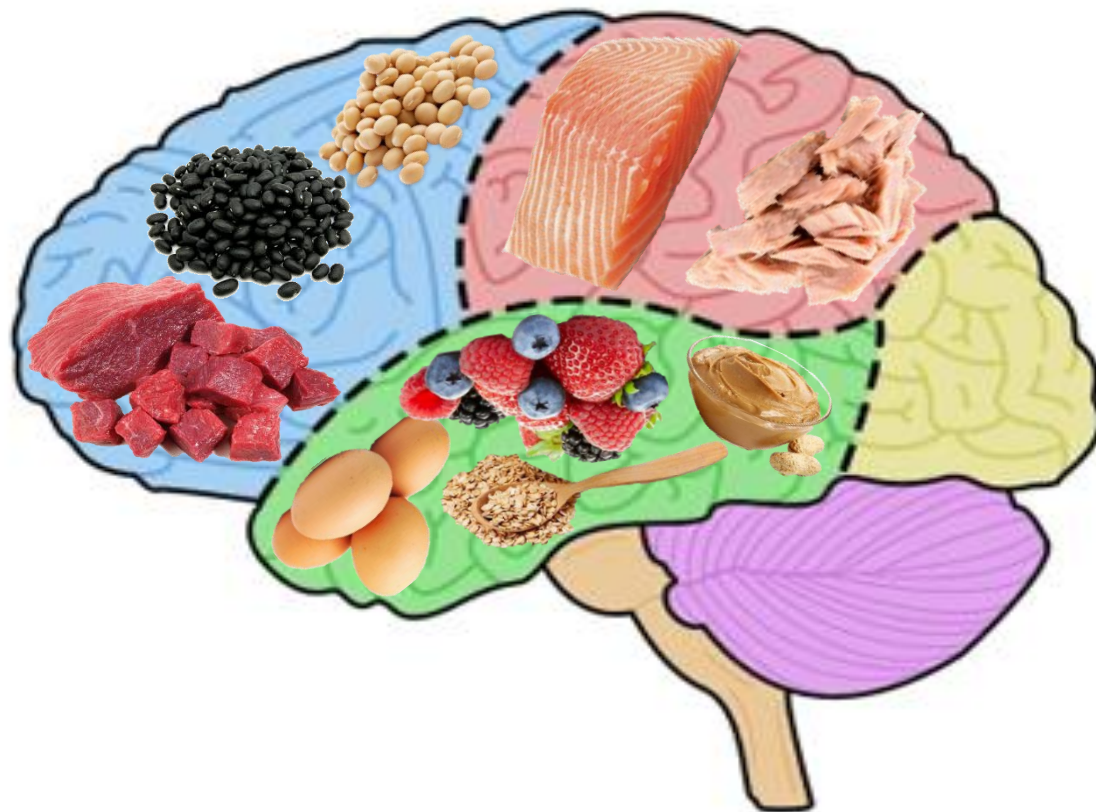
Be Creative



Remain Calm

Think Clearer

Why do we need food?



**THE FOODS
WE CHOOSE
MAKE A DIFFERENCE.**
MICHAEL GREGER



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