



# Good Food for Kids

## 有利兒童的食物

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

骨骼的生長發育需要鈣。含鈣的食物包括鮮奶，酸奶，帶骨的魚類，一些深色的蔬菜，如西蘭花。

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

鐵幫助人體產生能量。富含鐵的食品包括牲畜肉，家禽，魚，幹豆等。

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

胡蘿卜，菠菜及其他蔬菜水果富含維他命A和維他命C。維他命A對良好的視力和健康的皮膚很重要。維他命C有助於保持牙齦健康和抵抗疾病傳染。

4. Energy is important and comes from breads, rice, cereal, and pasta.

人體所需的能量很重要，它主要來自于面包，米飯，麥片粥和面條。

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

選擇有利健康的零食，如蔬菜，水果，奶制品，堅果。它們與汽水，薯片，糖果相比更有營養而且更有利于孩子的牙齒。

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

每天鍛煉身體對孩子們很重要，這樣他們的身體才會長得健康結實。

Chinese Language Version

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