Carbohydrates are in bread,

Pasta is good for a run they said,

You need energy to stay ahead.

Proteins can come in meat,

It can help repair the tissue in your feet,

Your protein will help fight disease.

Fats are not all bad,

They carry fat-soluble vitamin so your body won't be sad,

But work out to stay lean.

Minerals do very,

All foods can carry,

You need them so your body regulates.

Vitamins come in many things,

Orange juice with vitamin D will make you sing,

Vitamin C will help prevent scurvy.

Water you can drink and eat,

But it comes in fruit not meat,

Fruit is good on a hot summer day.