

Welcome To Sumter Central High School

Nutrition Department (Cafeteria)



What is Nutrition

The process of providing or obtaining the food necessary for health and growth.

Healthy eating means eating a variety of foods that give **you** the **nutrients** you need to maintain your health, feel good, and have energy. These **nutrients** include protein, carbohydrates, fat, water, vitamins, and minerals. **Nutrition** is important for everyone.