

Max and Bea's Guide to Fueling Your Body!

Eat Colourful, Play Energetic, Feel Fantastic!

- **Fruit and vegetables are packed with vitamins that help your body fight off germs and stay strong.**
- **Carbohydrates, like wholemeal bread or pasta, act as the fuel that gives you the energy to run around during breaktime.**
- **Protein is the building block your body uses to grow bigger muscles and repair your skin after a scrape.**
- **Drinking plenty of water is essential to keep your body working properly and helps you stay focused during maths lessons.**
- **A balanced plate should have a variety of colours; the more colourful your meal, the wider the range of nutrients you get!**
- **Treats like sweets or crisps are okay sometimes, but they shouldn't be the main part of your diet because they don't provide the long-lasting energy you need.**

Did you know? Did you know that your brain is like a supercomputer? It uses 20% of the energy from the food you eat every single day to help you think, learn, and play!

Key vocabulary: Balanced diet · Nutrients · Hydration · Protein · Carbohydrates · Vitamins