

Max's Kitchen Science: Eating for Energy

Fuel Your Future: Eat Well to Do Well!

- A balanced diet means eating a wide variety of foods in the right proportions to give your body all the nutrients it needs to work properly.
- Carbohydrates, found in bread, pasta, and potatoes, are the main source of energy for your brain and muscles.
- Protein, found in beans, fish, eggs, and lentils, acts like building blocks to help your body grow and repair itself.
- Fruit and vegetables are packed with essential vitamins and minerals that help keep your immune system strong and your skin healthy.
- Fats and sugars should only be eaten in small amounts, as they provide quick energy but lack the other important nutrients your body craves.
- Drinking plenty of water is vital for hydration, helping your body regulate its temperature and transport nutrients to where they are needed.

Did you know? Did you know? Your body uses food like a car uses petrol! Carbohydrates are your 'fast-fuel' for running and jumping, while protein is the 'repair kit' that helps your muscles grow strong after a busy day of playing.

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