

Bea's Brilliant Balanced Diet Guide

Fuel Your Body, Power Your Day!

- Carbohydrates, like bread and potatoes, act as the body's main source of fuel to keep you active during playtime.
- Protein is essential for building strong muscles and helping your body grow taller and healthier every day.
- Fruit and vegetables are packed with vitamins and minerals, which act like a shield to help keep your immune system strong.
- A balanced diet means eating a variety of foods in the right amounts so that your body gets everything it needs to function properly.
- Drinking plenty of water is just as important as eating healthy food because it keeps your brain and body hydrated and focused.

Did you know? Did you know? Bea the honeybee is a nectar expert, but humans need a much wider variety of foods to stay healthy! Unlike plants, which make their own food using sunlight, humans must eat a mix of food groups to get the energy and nutrients our bodies need to grow, repair, and move.

Key vocabulary: nutrition · balanced diet · carbohydrates · protein · vitamins · minerals · energy