

Max and Bea's Balanced Plate Guide

Fuel Your Future: Eat Well, Live Well, Grow Strong!

- **Fruit and vegetables should make up at least one-third of the food you eat every day to provide essential vitamins and minerals.**
- **Choose whole grain carbohydrates, such as brown rice or wholemeal bread, as they contain more fibre to help your digestion stay healthy.**
- **Protein-rich foods like beans, lentils, fish, or lean meat are vital for your body's growth and daily maintenance.**
- **Dairy or dairy alternatives, such as soya drinks, provide calcium which is necessary for keeping your bones and teeth strong.**
- **Water is the best choice for hydration; aim to drink six to eight glasses throughout the day to keep your brain and body focused.**

Did you know? Did you know? Your body is like a complex machine that needs different 'fuel' to work properly. While carbohydrates give you the energy to run and play, proteins are like the building blocks that help your muscles grow and repair themselves after a busy day at school!

Key vocabulary: nutrients · carbohydrates · protein · fibre · balanced diet · portion · vitamins · hydration