

Fuel Your Future: The Healthy Eating Guide

Eat Well, Live Well: Power Your Body with Every Bite!

- Why is it essential for our bodies to consume a wide variety of colourful fruits and vegetables every day?
- How do proteins assist in the growth and repair of our muscles and tissues after a busy day of playing sports?
- What role does fibre play in maintaining a healthy digestive system for our bodies?
- Why is water considered the best choice for hydration compared to drinks with high sugar content?
- How does the 'Eatwell Guide' help us to understand the correct proportions of different food groups in our meals?

Did you know? Did you know? Your brain is the most energy-hungry organ in your body! Even though it only makes up about 2% of your weight, it uses 20% of your body's energy. Eating complex carbohydrates like oats or brown rice helps provide a steady 'fuel supply' to keep your brain focused all day long.

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