

Nova's Guide to Fueling Your Body!

Eat Smart, Grow Strong: Let's Power Up with Nova!

- **Proteins are the body's building blocks, essential for repairing muscles and helping you grow taller and stronger every single day.**
- **Carbohydrates act as your body's primary fuel source, providing the quick energy you need to run, jump, and concentrate in the classroom.**
- **Fruits and vegetables are packed with vitamins and minerals, which act like a shield to help your immune system fight off nasty germs.**
- **A balanced diet means choosing a variety of foods from different groups so your body receives all the different nutrients it requires to function perfectly.**
- **Water is vital for survival; it helps move nutrients around your body and keeps your temperature just right, especially when you are active.**

Did you know? Did you know? Your body is like an incredible machine that never stops! Even while you are fast asleep, your heart is beating and your brain is busy processing dreams, all powered by the nutrients you ate during the day.

Key vocabulary: Nutrition · Balanced diet · Carbohydrates · Protein · Vitamins · Minerals · Energy