

Max and Bea's Guide to Healthy Eating

Fuel your body, feed your brain: Eat the rainbow to feel great!

- A balanced diet includes a variety of food groups, such as fruits, vegetables, proteins, and carbohydrates, to provide all the nutrients your body needs to grow.
- Drinking plenty of water throughout the day helps you stay focused and keeps your brain hydrated for learning.
- Eating at least five portions of different coloured fruit and vegetables every day gives you a wide range of vitamins and minerals.
- Protein is essential for building and repairing your muscles after you have been active at playtime or in PE lessons.
- Healthy fats, found in things like oily fish or nuts, are important for protecting your heart and helping your body absorb vitamins.
- Treats like biscuits or fizzy drinks contain lots of sugar and should only be eaten occasionally, rather than as a regular part of your daily meals.

Did you know? Did you know? Bea the honeybee knows that nectar provides energy for flying, just like healthy carbohydrates provide energy for your brain and muscles during a busy school day!

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