

Max's Healthy Kitchen Guide

Eat Well to Feel Great with Max the Monkey!

- Fruit and vegetables give us vitamins to help our bodies fight off germs.
- Carbohydrates, like bread and potatoes, give us the energy to play and learn.
- Protein helps our muscles grow strong. We find protein in eggs, beans, and fish.
- Water is the best drink to keep us hydrated throughout the school day.
- A balanced plate has a mix of different food groups to keep us healthy.

Did you know? Did you know? Your body is like a clever machine. Just like a car needs fuel to move, your body needs healthy food to grow, run, and think clearly!

Key vocabulary: nutrition · balanced · protein · carbohydrate · vitamins · energy