

# Max's Kitchen Science: Fuel Your Body!

Eat Well to Do Well: Build Your Balanced Plate with Max!

- Carbohydrates, found in foods like bread, rice, and pasta, provide the primary energy source your body needs for daily activities.
- Protein is essential for the growth and repair of your muscles, and can be sourced from meat, fish, beans, eggs, and pulses.
- Fruit and vegetables are packed with vital vitamins and minerals that help your body function properly and fight off illnesses.
- Fibre is a type of carbohydrate that helps keep your digestive system healthy; you can find plenty of it in wholegrain cereals and vegetables.
- A balanced diet means eating a wide variety of foods in the right proportions to ensure your body gets all the nutrients it requires.

*Did you know? Did you know? Your body is like a complex machine! Just as a rocket needs the right fuel to reach the stars, your body needs a variety of different food groups to help you grow, stay energetic, and keep your immune system strong. Even the best chefs, like Max the monkey, know that a colourful plate is usually a healthy one!*

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