

Bea's Healthy Eating Guide

Eat well to grow strong and feel brilliant with Bea the Bee!

- **Fruits and vegetables** give us vitamins to keep our bodies working well and help us fight off germs.
- **Carbohydrates**, like bread and pasta, act like a battery pack to give us energy for running and jumping.
- **Protein**, found in foods like beans, eggs, and fish, helps our muscles grow big and strong.
- **Calcium** is found in dairy foods like milk and cheese; it helps keep our teeth and bones hard and healthy.
- **Drinking water** is very important to keep us hydrated throughout the school day.

Did you know? Did you know? Just like bees need nectar from many different flowers to stay healthy, humans need a wide variety of foods to give our bodies the energy to play, learn, and grow!

Key vocabulary: Nutrition · Balanced · Energy · Protein · Vitamins · Healthy