

Fuel Your Body: The Science of Nutrition

Eat Smart, Grow Strong: Let Bea the Bee guide you through the wonders of your food!

- **Carbohydrates act as the body's primary fuel source, providing the energy needed for daily activities and exercise.**
- **Protein is essential for building and repairing body tissues, including your muscles, skin, and hair.**
- **Fats, when eaten in small amounts, help to protect your organs and keep your body at the right temperature.**
- **Vitamins and minerals are like tiny invisible helpers that keep your immune system strong and your bones healthy.**
- **Water is a vital nutrient that helps your body transport food and oxygen to all your cells.**
- **A balanced diet means eating a wide variety of foods in the right proportions to ensure you get all the nutrients your body needs.**

Did you know? Did you know? Your body is like a busy hive! Just as Bea the Bee needs nectar to keep her wings buzzing, your body needs a variety of different nutrients to help you grow, keep your heart healthy, and give you the energy to learn and play all day long.

Key vocabulary: Carbohydrates · Protein · Fats · Vitamins · Minerals · Balanced Diet · Nutrients