

## Max and Bea's Guide to Healthy Eating

Eat Well, Feel Great! Follow Max the Monkey and Bea the Bee on a journey to healthy snacks.

- A balanced diet means eating lots of different colours of fruit and vegetables every day.
- Water is the best drink to keep your body hydrated and your brain focused in class.
- Protein, found in foods like beans and fish, helps your body repair itself and grow.
- Eating snacks like plain popcorn or crunchy carrots gives you long-lasting energy.
- Vitamins are tiny helpers in food that keep you from getting poorly.

*Did you know? Did you know? Your body is like a clever machine! Just like Max the Monkey needs fruit for energy to swing through trees, you need different types of food to help your brain think clearly and your muscles grow strong.*

**Key vocabulary:** balanced · energy · vitamins · nutrients · fibre · protein