

# Max's Culinary Chemistry: The Science of Nutrition

Fuel Your Future: Eat Smart, Grow Strong!

- Why are carbohydrates considered the body's primary fuel source, and in what kinds of foods are they most commonly found?
- How does protein function as a building block for muscle repair and physical growth during your childhood years?
- In what ways do vitamins and minerals act as the 'support crew' for your immune system and overall health?
- Explain the importance of dietary fibre in maintaining a healthy digestive system.
- Why is it essential to maintain a 'balanced diet' rather than relying on a single food group for all your energy?

*Did you know? Did you know? Your body is like a complex machine! Even when you are sleeping, your metabolism is hard at work using energy from the food you ate earlier to keep your heart beating, your lungs breathing, and your brain dreaming. You are essentially a walking, talking biological engine!*

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