

Fuel Your Potential: The Science of Healthy Eating

Eat Well, Think Big, and Fuel Your Future!

- Why is it essential to consume a wide variety of colourful fruits and vegetables rather than relying on a single type?
- How do complex carbohydrates, such as whole grains, provide a more sustainable energy source for your body compared to simple sugars?
- In what ways does adequate hydration support cognitive function and physical performance during the school day?
- Why should we limit the intake of ultra-processed foods that are high in hidden fats, salt, and added sugars?
- What role does protein play in the growth and repair of muscle tissue after active play and sports?

Did you know? Did you know that your brain, which accounts for only about 2% of your body weight, consumes approximately 20% of your daily energy intake? Choosing nutrient-rich foods helps your brain function at its absolute best during challenging maths lessons and creative writing tasks!

Key vocabulary: macronutrients · micronutrients · balanced · hydration · metabolism · fibre · calcium · energy-dense